

City of Kirkland Parks & Community Services

Kirkland Parks



Fall 2013 & Winter 2014

**Activities for
All Ages!**

including

**Adults
50+**

See Page 53



experience it!

KirklandParks.net





WHAT'S YOUR VISION FOR KIRKLAND IN THE YEAR 2035?



Join the Conversation.

Community Planning Day

10 a.m. - 2 p.m. Saturday, October 19, 2013

Peter Kirk Community Center, 352 Kirkland Avenue

Attend the second Community Planning Day and share your vision for your City's future. Learn how ideas from the community are becoming a part of the following long-range plans for Kirkland:

- Comprehensive Plan
- Parks, Recreation & Open Space Plan
- Transportation Master Plan
- Cross Kirkland Corridor Master Plan
- Totem Lake Park Master Plan
- Surface Water Master Plan
- Juanita Drive Corridor Study

Participate in focus group discussions, talk with city leaders, share your voice and vision for your future.

**Parking available at Municipal Garage/Kirkland Library.*

www.kirklandwa.gov/kirkland2035

425-587-3001

Kirkland2035@kirklandwa.gov



PEE WEE MONSTER BASH

Ages 5 and under
with parent

FRIDAY
OCT 26
10AM-NOON

See Page 20



Snowflake Ball

FATHER/DAUGHTER
DANCE

Friday
December 13
6:30-8:30pm

See Page 20



youth & teen Move It!

MOVE IT!

**Affordable, Flexible,
Convenient!**

NOW FOR TEENS TOO!

Time to Move It! with our easy quarterly fitness pass. No more individual class registrations and associated fees! With the quarterly pass, take an unlimited number of Move It! fitness classes.

**TEENS
SEE PAGE 32** ◀

MOVE IT!

FOR YOUR BODY // FOR YOUR HEALTH // FOR YOUR SELF

ADULTS SEE PAGE 42 ◀

new!

PAGE 30

CITY OF KIRKLAND
BOYS AND GIRLS
GRADES 3-6

2013 2014 YOUTH Basketball League

- ▶ Build confidence and better health
- ▶ Have fun in a team environment!

Sponsored by



Juanita Friday Market

Fridays, May 10 - October 4, 2013
3pm to 7pm • 9703 NE Juanita Drive

Juanita Friday Market Schedule 2013

AUGUST		SEPTEMBER		OCTOBER
16 th		6 th	13 th	4 th Last Day
23 rd	30 th	20 th	27 th	



www.kirklandwa.gov/JuanitaFridayMarket



2013

Splash, Pedal, n' Dash

KIRKLAND Kids TRIATHLON



50 yard swim/
splash



1/2 mile bike



400 yard run

Saturday, September 14th @ 11AM

Age 3 -12 years • \$30.00 (+ tax) entry fee
Participants will receive a t-shirt, swim cap & ribbon!

Register @ kirklandparks.net (Code: 39209)
or Call 425.587.3336

This non-competitive, non-timed event provides an excellent opportunity for youth to experience the sport of triathlon.



Presented by:



**Kirkland
Parks**
experience it!

Thank you to Our Sponsor!





2013



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Dear Kirkland Community,

I hope you have taken advantage of some of the great enhancements that the Parks Levy brought to our facilities. Thanks to the Parks Levy the beach lifeguard program hours at Waverly and Houghton Beach Parks were expanded—and for the first time in over 20 years, Juanita Beach had lifeguards. Juanita Beach Park was also enhanced with 2 newly installed beach volleyball courts providing the opportunity for those 18 and up to



participate in a summer beach volleyball league. Other improvements to look forward to: the development of the Cross Kirkland Corridor Trail, renovations to many of the park docks and shoreline enhancements, upgrades to Waverly Beach Park and Edith Moulton Park, and many other notable projects funded by the levy.

Whether your interest to participate in a recreation program is for developing a skill, making new friends, staying active and healthy, or taking care of that competitive drive, this recreation guide covers a wide variety of programs and classes just for you! I invite you to turn the page and sign up for an activity today!

Kirkland Parks,

Jennifer Schroeder, Director, Parks and Community Services

experience it!

Fall 2013 and Winter 2014

Kirkland Parks & Community Services
Recreation Classes and Services

Registration Information	6
Parent & Child Infant to 5 years	10
Preschoolers 3 to 6 years	16
Youth & Teens 6 to 16 years	25
Youth Services 13 to 18 years	33
KTUB 13 to 19 years	34
Specialized Recreation All Ages	36
Adult Dance 16 years and older	37
Adult Sports 18+ years	40
Adult Fitness 16 years and older	42
Adult Special Interest 16 years and older	46
Age 50+ Adults of all ages	53
Juanita Bay Park Events All ages	77
Facility Rentals	79



Registration Options & Information

ONLINE: KirklandParks.net

When enrolling online, print your receipt when prompted.

WALK-IN

North Kirkland Community Center
12421 103rd Ave NE
425.587.3350

Peter Kirk Community Center
352 Kirkland Ave
425.587.3360

PHONE-IN

Please have class number and credit card information ready!

Monday-Friday
9:00am-4:00pm
425.587.3336

This number is for registration only. For questions or more information, please call one of the locations listed to the left.

MAIL IN

Send form & payment to:
123 Fifth Ave
Kirkland, WA 98033

FAX-IN

Fax form with credit card payment to:
425.587.3303
425.587.3354

Peter Kirk Community Center Special Events

- Unless otherwise noted, special event tickets will be available until 5:00pm seven working days prior to the event (no tickets will be sold the day of the event).
- Special event tickets are not refundable or transferable.

Resident & Non-Resident Fee Structure

- Registrants with a Kirkland postal address are considered Residents. Non-Residents who work within the City limits are eligible for the resident rate.

Registration Information

- Registration is first come, first served. Online registration is your best opportunity for getting into the program of your choice!
- If mailing or faxing your registration, please put down an alternative in case your first choice class is full.
- Call our offices if you do not receive a confirmation within 7 days of mailing / faxing your request.

Registration Form

To the right on page 11 or download a PDF from: www.kirklandwa.gov/depart/parks/Recreation_Programs/currentbrochure.htm

Facility Information

Parks & Community Services Office

505 Market St, Suite A, Kirkland, WA 425.587.3300
Hours: Monday-Friday, 8:00am-4:00pm

North Kirkland Community Center (NKCC)

12421 103rd Ave NE, Kirkland, WA 425.587.3350

Peter Kirk Community Center (PKCC)

352 Kirkland Ave, Kirkland, WA 425.587.3360

Parks Maintenance & Operation Office

1129 8th St, Kirkland, WA 425.587.3340
Hours: Monday-Friday, 6:30am-3:30pm

Recreation Hot Line 425.587.3335

City Web Address

www.KirklandWA.gov

Kirkland City Council

Joan McBride, Mayor

Doreen Marchione,
Deputy Mayor

Shelley Kloba

Penny Sweet

Toby Nixon

Amy Walen

Dave Asher

Kirkland Park Board

Susan Keller, Chair

Shawn Fenn, Vice Chair

Sue Contreras

Ted Marx

Rick Ockerman

Jim Popolow,
Youth Representative

Kevin Quille

Adam White

Accommodation of Disabilities

The City of Kirkland is committed to accommodating citizens with disabilities and special needs. Kirkland Parks and Community Services will make every reasonable effort to ensure that programs are accessible. If you need assistance participating in our activities, please call us at 425.587.3300. TTY/TTD 425.587.3111

Snow & Inclement Weather Policy

The safety of program participants is a prime consideration when determining if programs should be cancelled due to inclement weather. Parks Department classes and programs are cancelled when the Lake Washington School District closes due to inclement weather. For information regarding evening or weekend cancellations, please call:

North Kirkland Community Center
Programs 425.587.3350

Peter Kirk Community Center
Programs 425.587.3360

Recreation Hot Line 425.587.3335



Kirkland Parks Class Registration Form

Adult Name (Last)		(First)		(M.I.)	
Address			City	Zip	
Day Phone	Evening Phone		Emergency Contact Name / Phone #		
Email address (Required to register online)			<input type="checkbox"/> Resident	<input type="checkbox"/> Non-Resident	Are you over 50? <input type="checkbox"/> Yes <input type="checkbox"/> No
Please Note: IF you are claiming Resident Fees for working in City Limits you must provide Employee Name, Company Name & Address					
Employee Name:			Company Name & Address:		

Activity Title	Activity #	Fee	Participant Name		Child Date of Birth	M/F	Alternative Choice
			First	Last			

\$ Total

Hold Harmless Agreement

Indemnification. In consideration for myself and/or my child being allowed to participate in the subject activity, for myself, my heirs and personal representatives, to the extent allowed by law, I hereby waive and release all claims for damages I or my child now or may hereafter have against the City of Kirkland and their agents for any injuries and damages suffered in connection with my or my child's participation. I further agree to defend, indemnify and hold harmless the City of Kirkland and their agents for any injury and damages suffered in connection with my or my child's participation. I further agree to defend, indemnify and hold harmless the City of Kirkland and their agents from all claims for injury or death, or for loss or damage to property, filed by anyone against the City of Kirkland and their agents which arises out of my or my child's participation, except for injury or damage caused by the sole negligence of the City of Kirkland and their agents. I, the undersigned participant and/or parent or guardian of the minor participant, give my permission to have photos/video tapes taken, without recompense, during activities and used for publicity purposes.

Signature: _____ Date: _____

Signature of ☐ Parent ☐ Guardian ☐ Participant

Checks payable to: **City of Kirkland**
OR fill in Credit Card Information:



Card # _____

Exp. Date _____

Signature _____

Vision Statement

"The Department of Parks and Community Services continues to enrich and enhance Kirkland's quality of living. The Department sensitively and efficiently manages Kirkland's diverse public lands, actively responds to the leisure needs of all residents, and effectively leads a collaborative community response to basic human services. We strive for excellence, we project a positive and enthusiastic attitude, we are accountable for our actions and value the needs and concerns of co-workers, the public, institutions, and other agencies."

Disclaimer

This schedule of classes is published for information purposes only. We strive to produce the most accurate brochure possible. However, some program information may have changed after this brochure has gone to print. We will make every effort to notify students of the changes.

The City of Kirkland complies with the State of Washington's "Fair Play in Community Sports Act" (Chapter 467, 2009 Laws, effective date July 26, 2009) that prohibits discrimination against any person in a community athletics program on the basis of sex. Any questions or comments please contact Jennifer Schroder, Parks and Community Service Director.

Parks & Recreation Refund / Credit / Sales Tax

- Refund/credits are granted if request is made at least five (5) business days prior to the start of class, less a \$10.00 administrative fee. Fee applies to each class withdrawn. Please Note: Classes paid for by check or cash will be refunded by check and must be in amounts greater than \$10.00 (balances under \$10.00 will be held for one calendar year). Refunds to credit cards will be made for face amount of the credit and will be processed at the end of the class session.
- 100% Refund if class cancelled by Parks and Recreation.
- Class withdrawal requested less than five (5) business days prior to the start of class will result in a credit/refund of 50% of the registration fee, less a \$10.00 administrative fee. Fee applies to each class withdrawn.
- No refunds for classes costing less than \$10.00.
- No refunds/credits will be issued on or after the first day of class.
- Transfers must be requested five (5) business days prior to the start of class (except swim class notification of new level by swim instructor.)
- Online registrants please note: Parks and Recreation staff must process transfers. Online enrollments resulting in withdrawals are subject to withdrawal policies listed above. You can print your receipt when prompted to do so at end of registration process.
- Effective July 2011 the WA State Department of Revenue requires municipalities to collect and render retail sales tax for many amusement and recreation sports programs.



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KIRKLAND
PARKS,
FACILITIES,
& TRAILS
GUIDE

Community Services

Plan your next outing!

The Parks, Facilities, and
Trails Guide is Available Now!

Pick up your copy at the Parks Office,
NKCC, or PKCC. (Addresses on Pg. 6)

ALSO AVAILABLE ONLINE AT:

www.kirklandwa.gov > City Service Center > Find a City Park

experience it!

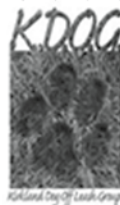
Kirkland Parks



Where Kirkland Dogs Play

11225 NE 120th Street
Kirkland, Washington 98033

Learn about the park, volunteer & sponsorship
opportunities, fundraisers, park safety, education
& more at www.kdog.org



KDOG, Kirkland Dog Off-Leash Group, is an all
volunteer, 501(c)3 organization partnering with
the City of Kirkland to create safe, legal places for
off-leash play in Kirkland. Dedicated volunteers
and generous park sponsors built, funded, and
maintain Jasper's Dog Park. KDOG depends on
the support of local business owners and dog
owners to ensure continued park operations.

Calling All Pee Wee Hoopsters

Ages 3 to 6 years

Your little ones will learn simple
basketball skills while having a ball!
They'll get exercise without even
realizing it because they will be
having so much fun!



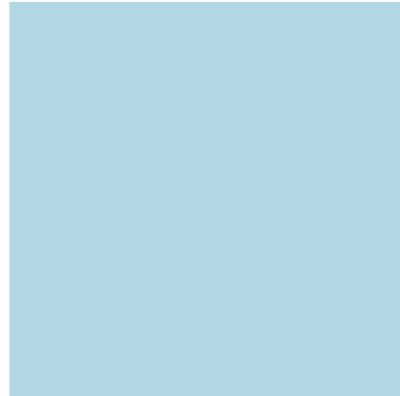
Page 23



North Kirkland Community Center

NKCC

experience it!



**Classes and activities
for all ages and interests
on the following pages.**

Come join us!



- Parent/Child
- Preschool
- Youth & Teen
- Adult Fitness and Special Interest



Parent/Child Programs

Most classes held at: NKCC
North Kirkland Community Center
12421 103rd Ave NE ★ 425.587.3350

Parent/Child Class Requirements

- ★ Children must be able to follow directions and participate in small group settings with a parent present.
- ★ Please take your child to the bathroom before class.
- ★ No siblings other than infants in carriers; registered participants only.
- ★ Refer to class description for "no class" dates.
- ★ Please be on time!
- ★ Individual classes that are canceled due to instructor illness or emergencies will be made up the week following the end date of class, where the schedule allows. If the schedule does not allow for a make-up class, a credit will be issued.
- ★ Refund policy is on page 7

Wiggle Clap and Sing

Wiggle Clap and Sing for Babies

Ages 1 to 15 months with parent

Play musically with your baby through bouncing and rocking songs, wiggle and peek-a-boo games, and dancing, moving, and singing! The foundation is laid for rhythm awareness, voice and language, and aural discrimination. Popular instructor Kate Fynn is an accomplished vocalist.

See www.wiggleclapandsing.blogspot.com

Location: NKCC • 6 weeks • No class 11/16 & 11/30

Resident \$43 / Non-Resident \$52

Sat	9:30–10:15am	Sept 14–Oct 19	39803
Sat	9:30–10:15am	Nov 2–Dec 21	39804
Sat	9:30–10:15am	Jan 11–Feb 15	39805
Sat	9:30–10:15am	Mar 1–Apr 5	39806

"I was thrilled that Kirkland Parks had a class that my little 5 month old could join. Kudos to you Kirkland for having such awesome children's programs!"

—CJ



"Teacher Kate is great with the kids, my daughter loves going and I love spending the time with her." —Jenny

Wiggle Clap and Sing for Toddlers

Ages 15 months to 2 years with parent

An introduction to musical components such as rhythm, melody, and a variety of instruments. Express yourselves through music and body movement. This class is great for developing pre-math, pre-literacy, and social skills in every child!

See www.wiggleclapandsing.blogspot.com

Instructor: Miss Kate • Location: NKCC • 6 weeks

No class 11/16 & 11/30 • Resident \$43 / Non-Resident \$52

Sat	10:25–11:10am	Sept 14–Oct 19	39807
Sat	10:25–11:10am	Nov 2–Dec 21	39808
Sat	10:25–11:10am	Jan 11–Feb 15	39809
Sat	10:25–11:10am	Mar 1–Apr 5	39810

Wiggle Clap and Sing for Preschoolers

Ages 2 to 5 years with parent

Make sense of the world through rhythm and melody while becoming more familiar with instruments and songs. Your preschooler will gain social skills such as self control and listening, as well as pre-literacy skills. We will also have fun with music and body movement.

See www.wiggleclapandsing.blogspot.com

Instructor: Miss Kate • Location: NKCC • 6 weeks

No class 11/16 & 11/30 • Resident \$43 / Non-Resident \$52

Sat	11:20am–12:05pm	Sept 14–Oct 19	39811
Sat	11:20am–12:05pm	Nov 2–Dec 21	39812
Sat	11:20am–12:05pm	Jan 11–Feb 15	39813
Sat	11:20am–12:05pm	Mar 1–Apr 5	39814

Move and Grow

Instructor Jessica Gleason has an extremely creative and joyful approach to teaching! She uses "Tummy Time," coordinated movement, and BrainDance rhymes to integrate the mind and body, while reinforcing the importance of movement in early life!

Move and Grow for Babies

Ages 2 months to pre-walking with adult

Enrich your child's first year of life. Learn fun activities for enjoying tummy time and make playful social/emotional connections. Build optimal brain development using nursery rhymes, instruments, multi-sensory props while moving to a wide variety of music!

Location: NKCC • 13 weeks

Resident \$143 / Non-Resident \$172

Tue	11:30am–12:30pm	Sept 24–Dec 17	39815
Tue	11:30am–12:30pm	Jan 7–Apr 1	39816



Move and Grow for Toddlers

Ages walking to 30 months with adult

Dance with your child while exploring movement activities and practicing skills. A wide variety of music, props, rhythm instruments, BrainDance rhymes and an obstacle course add to the playful environment and learning.

Location: NKCC • 13 weeks

Resident \$143 / Non-Resident \$172

Tue	9:30–10:30am	Sept 24–Dec 17	39817
Tue	10:30–11:30am	Sept 24–Dec 17	39818
Tue	9:30–10:30am	Jan 7–Apr 1	39819
Tue	10:30–11:30am	Jan 7–Apr 1	39820

Parent/Child Preschool Cooking Series

Ages 2 to 5 years with parent

Instructor and caterer Miss Susie will open up your child's eyes and senses as you peel, pour, shred, shake, bake, mash and more! Classes will be held in the kitchen at our beautiful McAuliffe Park, 10824 NE 116th St, Kirkland. To enter the park, head north on 108th Ave NE from NE 116th. Turn into 1st driveway on the right.



My daughter loves the class and has opened her up to new foods. She tries everything since she cooked it! —Robyn

Apple of My Eye

Ages 2 to 5 years with parent

September is the perfect time of year to explore everything about the apple. We'll cook a different apple recipe each week and also learn how apples are grown and harvested. Apple stories are also part of the fun!

Instructor: Miss Susie • 3 weeks • Supply fee of \$6 payable to instructor • Location: McAuliffe Park Resident \$29 / Non-Resident \$35

Fri	9:30–10:30am	Sept 13–27	39889
Fri	10:45–11:45am	Sept 13–27	39890

Little Pumpkin Pie

Ages 2 to 5 years with parent

Oooooo went the wind and out went the lights and the five little pumpkins rolled out of sight. Wait a minute; they didn't roll out of sight they are all at McAuliffe Park! We'll visit our pumpkin garden at the park and see how pumpkins grow, and each week we will cook a different pumpkin recipe. Pumpkin stories are also part of the fun!

Instructor: Miss Susie • 3 weeks • Supply fee of \$6 payable to instructor • Location: McAuliffe Park Resident \$29 / Non-Resident \$35

Fri	9:30–10:30am	Oct 4–18	39891
Fri	10:45–11:45am	Oct 4–18	39892

Noodles for November NEW!

Ages 2 to 5 years with parent

There's oodles of noodles oh what can we say? From angel hair, fusilli, and even penne. You boil and then the fun just begins, when you work on the goodies that you will mix in. From vegies and cheese and toppings galore, what more can you ask for? Udon for sure!

Instructor: Miss Susie • 3 weeks • Supply fee of \$6 payable to instructor • Location: McAuliffe Park Resident \$29 / Non-Resident \$35

Fri	9:30–10:30am	Nov 1–15	39893
Fri	10:45–11:45am	Nov 1–15	39894

Cookie Crumbs and Sugar Plums

Ages 2 to 5 years with parent

Smells of cinnamon...cookie cutters...rolling and baking...eating dough...warm times with friends. Everyone knows that cookies are a universal symbol of sweetness. Come bake with us and create sweet memories; each week we will bake a different goodie, including a gingerbread house.

Instructor: Miss Susie • 3 weeks • Supply fee of \$6 payable to instructor • Location: McAuliffe Park Resident \$29 / Non-Resident \$35

Fri	9:30–10:30am	Dec 6–20	39895
Fri	10:45–11:45am	Dec 6–20	39896

Bunches of Munches

Ages 2 to 5 years with parent

In between meals and all day through, it's here a bite, there a bite, but is it good for you? Miss Susie will show you how to make snacks that are yummy, like ants on a log that are good for your tummy.

Instructor: Miss Susie • 3 weeks • Supply fee of \$6 payable to instructor • Location: McAuliffe Park Resident \$29 / Non-Resident \$35

Fri	9:30–10:30am	Jan 10–24	39900
Fri	10:45–11:45am	Jan 10–24	39901

Hugs and Chocolate Kisses

Ages 2 to 5 years with parent

In this lovable series children will learn how chocolate comes from beans of the rain forest's cacao trees and how candy-makers in England and Switzerland first produced the chocolate we know and love today. We'll whip up a different chocolate concoction each week.

Instructor: Miss Susie • 3 weeks • Supply fee of \$6 payable to instructor • Location: McAuliffe Park Resident \$29 / Non-Resident \$35

Fri	9:30–10:30am	Feb 7–21	39902
Fri	10:45–11:45am	Feb 7–21	39903

Little Spuds and Tiny Tators

Ages 2 to 5 years with parent

From field to fork the potato has had quite a journey! Hear about the potato's adventure to the kitchen at McAuliffe as we create one potato, two potato, three potato recipes during this series.

Instructor: Miss Susie • 3 weeks • Supply fee of \$6 payable to instructor • Location: McAuliffe Park Resident \$29 / Non-Resident \$35

Fri	9:30–10:30am	Mar 7–21	39904
Fri	10:45–11:45am	Mar 7–21	39905

It was a fun, safe hands-on class, our kids loved cooking with Miss Susie. —Brent & Ruth

Parent/Child Art

Ages 2½ to 3½ years with parent

Monthly themed classes are a fun and affordable way for parents and children to explore the world of art. We'll provide all the tools like glue, glitter, paint, and dough to inspire your little ones to create their masterpieces. Dress to get messy in our indestructible Art Room!

Knick Knack Welcome Back!

Ages 2½ to 3½ years with parent

It's back to school time, and time to create in our art room full of supplies. So grab a smock and join the fun while we make apple prints, and more!

Instructor: Miss Monique • Location: NKCC • 3 weeks
Resident \$24 / Non-Resident \$29

Mon	9:30–10:15am	Sept 9–23	39861
Thur	10:30–11:15am	Sept 12–26	39862

Jack-O-Lantern Jamboree!

Ages 2½ to 3½ years with parent

Spiders and pumpkins and ghosts, oh my!!! Don't be afraid, they're cute, friendly, and fun to make, and when you are done, it's a project to take.

Instructor: Miss Monique • Location: NKCC • 3 weeks
Resident \$24 / Non-Resident \$29

Mon	9:30–10:15am	Oct 7–21	39863
Thur	10:30–11:15am	Oct 10–24	39864

Pinecones and Pilgrims

Ages 2½ to 3½ years with parent

We're harvesting pinecones and corn just in time for you to make cob prints, turkeys and more in this class that will have you "thankful" you signed up!

Instructor: Miss Monique • Location: NKCC • 3 weeks
No class 11/11 • Resident \$24 / Non-Resident \$29

Mon	9:30–10:15am	Nov 4–25	39865
Thur	10:30–11:15am	Nov 7–21	39866

Mittens and Mistletoe

Ages 2½ to 3½ years with parent

It's the holiday season, with a whoop-de-do, it's time to create, so set your clock and don't be late. Holiday inspired arts and craft projects are planned... think glitter!

Instructor: Miss Monique • Location: NKCC • 3 weeks
Resident \$24 / Non-Resident \$29

Mon	9:30–10:15am	Dec 2–16	39867
Thur	10:30–11:15am	Dec 5–19	39868

Lots of creative ideas, all the materials are ready for use, no mess to clean up, all at a reasonable price. —Kate

Frosty and Friends

Ages 2½ to 3½ years with parent

What to do when it's cold and frosty outside? Come inside where we'll make indoor snow, snowmen, forest friends, and winter habitats.

Instructor: Miss Monique • Location: NKCC • 3 weeks
No class 1/20 • Resident \$24 / Non-Resident \$29

Mon	9:30–10:15am	Jan 6–27	39869
Thur	10:30–11:15am	Jan 9–23	39870

Be Mine...Valentine!

Ages 2½ to 3½ years with parent

Roses are red, hearts are too, it's a loveable class for loveable you. We'll bring out the lace, the red, and the pink, we'll make everything as sweet as you can possibly think. From love bugs to birds, and bees that go buzz, we've created the fun for you, just because.

Instructor: Miss Monique • Location: NKCC • 3 weeks
No class 2/17 • Resident \$24 / Non-Resident \$29

Mon	9:30–10:15am	Feb 3–24	39871
Thur	10:30–11:15am	Feb 6–20	39872

Lucky Charms and Leprechauns

Ages 2½ to 3½ years with parent

Blarney Stones and rainbows and pots o' gold for taking, lucky charms and sham-rocks are crafts you will be making. Lucky you!!

Instructor: Miss Monique • Location: NKCC • 3 weeks
Resident \$24 / Non-Resident \$29

Mon	9:30–10:15am	Mar 10–24	39873
Thur	10:30–11:15am	Mar 6–20	39874

Saturday Parent/Child Art

Ages 2 to 5 years with parent

What's more fun than Saturday morning cartoons? Saturday Art, of course! We've combined our Messy Art and Parent/Child Art classes to give you a messy experience creating in our house. From homemade play-dough to seasonal crafts, we'll do it all and the best part is....the mess stays here!

Instructor: Miss Lynne • 3 weeks • Location: NKCC
Resident \$24 / Non-Resident \$29

Sat	9:50–10:35am	Sept 14–28	39875
Sat	10:45–11:30am	Sept 14–28	39876
Sat	9:50–10:35am	Oct 12–26	39877
Sat	10:45–11:30am	Oct 12–26	39878
Sat	9:50–10:35am	Nov 9–23	39879
Sat	10:45–11:30am	Nov 9–23	39880
Sat	9:50–10:35am	Dec 7–21	39881
Sat	10:45–11:30am	Dec 7–21	39882
Sat	9:50–10:35am	Jan 11–25	39883
Sat	10:45–11:30am	Jan 11–25	39884
Sat	9:50–10:35am	Feb 8–22	39885
Sat	10:45–11:30am	Feb 8–22	39886
Sat	9:50–10:35am	Mar 8–22	39887
Sat	10:45–11:30am	Mar 8–22	39888





Messy Art For Twos with Parent

2 year olds only with parent

Tickle your two year old's senses and play messy by smearing paint and kneading dough. Sensory and tactile play helps to develop self-expression and creativity while rewarding children with the emotional pleasures of "hands-on" art. Dress for a mess!

Instructors: Miss Monique & Miss Pam

Location: NKCC • 3 weeks • No class 11/11, 1/20 & 2/17

Resident \$24 / Non-Resident \$29

Mon	10:30–11:15am	Sept 9–23	39840
Wed	9:30–10:15am	Sept 11–25	39841
Thur	9:30–10:15am	Sept 12–26	39842
Mon	10:30–11:15am	Oct 7–21	39843
Wed	9:30–10:15am	Oct 9–23	39844
Thur	9:30–10:15am	Oct 10–24	39845
Mon	10:30–11:15am	Nov 4–25	39846
Wed	9:30–10:15am	Nov 6–20	39847
Thur	9:30–10:15am	Nov 7–21	39848
Mon	10:30–11:15am	Dec 2–16	39849
Wed	9:30–10:15am	Dec 4–18	39850
Thur	9:30–10:15am	Dec 5–19	39851
Mon	10:30–11:15am	Jan 6–27	39852
Wed	9:30–10:15am	Jan 8–22	39853
Thur	9:30–10:15am	Jan 9–23	39854
Mon	10:30–11:15am	Feb 3–24	39855
Wed	9:30–10:15am	Feb 5–19	39856
Thur	9:30–10:15am	Feb 6–20	39857
Mon	10:30–11:15am	Mar 10–24	39858
Wed	9:30–10:15am	Mar 5–19	39859
Thur	9:30–10:15am	Mar 6–20	39860

Baby Boogie Woogie

Ages 12 months to 36 months with parent

In this musical class we will sing all the old favorites, make our own music with an assortment of fun instruments, and march to our own drummer! Teacher Karen Renfroe-Gielgens has over 20 years experience teaching programs to our preschoolers.

Please take note of our age groups; you are now able to attend this class with your younger and older ones.

Instructor: Karen Renfroe-Gielgens • Location: NKCC

4 weeks • No class 1/20 • Resident \$29 / Non-Resident \$35

12 to 18 months

Mon	9:15–10am	Sept 9–30	39825
Mon	9:15–10am	Oct 7–28	39826
Mon	9:15–10am	Jan 13–Feb 10	39831
Mon	9:15–10am	Feb 24–Mar 17	39832

12 to 36 months

Mon	10:10–10:55am	Sept 9–30	39827
Mon	10:10–10:55am	Oct 7–28	39828
Mon	11:05–11:50am	Sept 9–30	39829
Mon	11:05–11:50am	Oct 7–28	39830
Mon	10:10–10:55am	Jan 13–Feb 10	39833
Mon	10:10–10:55am	Feb 24–Mar 17	39834
Mon	11:05–11:50am	Jan 13–Feb 10	39835
Mon	11:05–11:50am	Feb 24–Mar 17	39836

Holiday Baby Boogie Woogie

Ages 12 months to 36 months with parent

Come join us for a 5-week session of Boogie Woogie with a holiday flair.

Instructor: Karen Renfroe-Gielgens • Location: NKCC

5 weeks • Resident \$36 / Non-Resident \$43

12 to 18 months

Mon	9:15–10am	Nov 18–Dec 16	39837
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12 to 36 months

Mon	10:10–10:55am	Nov 18–Dec 16	39838
Mon	11:05–11:50am	Nov 18–Dec 16	39839

Sign With Your Baby

Ages 6 months to 2 years (pre-verbal) with adult

Did you know babies as young as six months of age can communicate with you before they speak clear words? Visually Speaking offers Baby Signing classes to hearing families using American Sign Language. You will be amazed at what your baby is telling you! *Location: NKCC*

6 weeks *No class 11/28 • Resident \$99 / Non-Res \$119*

(NOTE: 2nd child in same family fee:

Resident \$60 / Non-Resident \$72)

Thur	11am–12pm	Sept 12–Oct 17	39821
Thur	11am–12pm	Oct 31–Dec 12	39822

5 weeks *Resident \$82 / Non-Resident \$98*

(NOTE: 2nd child in same family fee:

Resident \$41 / Non-Resident \$49)

Thur	11am–12pm	Jan 9–Feb 6	39823
Thur	11am–12pm	Feb 20–Mar 20	39824

Rain or shine, have a playground party to celebrate your special day at the NKCC!



Have an hour of private play time at our outrageously fun indoor playground!

Enjoy the rest of your celebration in your very own private party room! Applications at: www.kirklandwa.gov under "How Do I Rent a Park/Facility"

Reserve Your Special Day!

425.587.3350

**2 hours: Resident \$140 / Non-Res \$168
25 Children Max. • Sat. or Sun.**



Parent / Child Dance for Two Years

Twos In Tutus Creative Dance

Age 2 with parent

Don't wait until you're three to twirl in your tutu! Bring your mom in her sweats (it's ok), and twirl to the music in your own special way. And when you turn three, you'll be ready we bet, for Preschool Dance A and a pirouette! Leather soled ballet slippers required.

Location: NKCC • 6 weeks • No class 11/29
Resident \$29 / Non-Resident \$35

Fri	9:45–10:15am	Sept 13–Oct 18	39907
Fri	10:30–11am	Sept 13–Oct 18	39908
Fri	9:45–10:15am	Nov 1–Dec 13	39909
Fri	10:30–11am	Nov 1–Dec 13	39910
Fri	9:45–10:15am	Jan 10–Feb 14	39911
Fri	10:30–11am	Jan 10–Feb 14	39912
Fri	9:45–10:15am	Feb 28–Apr 4	39913
Fri	10:30–11am	Feb 28–Apr 4	39914



Parent / Child Kids In Motion

Up and over, under and through, balls and streamers, tunnels and YOU!

Meet friends, build confidence and have FUN developing large muscle motor skills. This program progresses with your children... they'll be crawling, climbing, balancing, and bouncing their way through each class! See page 23 for child-only Kids In Motion classes. *Location: NKCC*

"The activities in the Kids in Motion class were great for both coordination and motor skills, and releasing some of the energy 2 year olds have." —Cami

Parent/Child Motion I

Ages 18 to 26 months
Child must be walking!

7 weeks Resident \$49 / Non-Resident \$59

Wed	9:15–10am	Sept 11–Oct 23	39915
Thur	9:50–10:35am	Sept 12–Oct 24	39916

6 weeks No class 11/27 & 28
Resident \$42 / Non-Resident \$50

Wed	9:15–10am	Nov 6–Dec 18	39917
Thur	9:50–10:35am	Nov 7–Dec 19	39918
Wed	9:15–10am	Jan 8–Feb 12	39919
Thur	9:50–10:35am	Jan 9–Feb 13	39920
Wed	9:15–10am	Feb 26–Apr 2	39921
Thur	9:50–10:35am	Feb 27–Apr 3	39922

Parent/Child Motion II

Ages 24 to 36 months

7 weeks Resident \$49 / Non-Resident \$59

Wed	10:05–10:50am	Sept 11–Oct 23	39923
Thur	10:45–11:30am	Sept 12–Oct 24	39924

6 weeks No class 11/27 & 28
Resident \$42 / Non-Resident \$50

Wed	10:05–10:50am	Nov 6–Dec 18	39925
Thur	10:45–11:30am	Nov 7–Dec 19	39926
Wed	10:05–10:50am	Jan 8–Feb 12	39927
Thur	10:45–11:30am	Jan 9–Feb 13	39928
Wed	10:05–10:50am	Feb 26–Apr 2	39929
Thur	10:45–11:30am	Feb 27–Apr 3	39930



McAULIFFE PARK

10824 NE 116th St
Kirkland

The following classes are located just around the corner from the North Kirkland Community Center in our beautiful McAuliffe Park location. We're so excited to have a kitchen!

- > Creating in the Kitchen for Youth
- > Parent/Child Preschool Cooking Series (Spring)
- > How Does Your Garden Grow (Spring)
- > Run for Your Life for Adults

Language Polly-Glots

Polly-Glots was founded in 2007 by a mom with a dream of offering engaging and affordable language immersion classes for children. For more information visit www.pollyglottots.com

Spanish For Preschoolers

Ages 1 to 5 years with parent

This Spanish immersion class integrates play, music, movement, and art to engage children and connect the foreign sounds and words to everyday items and activities. Vocabulary is provided so parents can reinforce the language outside of class. Class ages may be combined to prevent class cancellations.

*Location: NKCC • 10 weeks • No class 2/12
Resident \$168 / Non-Resident \$202*

Ages 1 to 3 years

Wed	9:30–10:15am	Sept 11–Nov 13	39951
Thur	2–2:45pm	Sept 12–Nov 14	39952
Wed	9:30–10:15am	Jan 8–Mar 19	39955
Thur	2–2:45pm	Jan 9–Mar 13	39956

Ages 1 to 5 years

Wed	10:30–11:15am	Sept 11–Nov 13	39953
Wed	10:30–11:15am	Jan 8–Mar 19	39957

Ages 4 to 5 years Parent Participation Optional

Thur	1–1:45pm	Sept 12–Nov 14	39954
Thur	1–1:45pm	Jan 9–Mar 13	39958

French ages 4–7 years, see page 19

Chinese for Preschoolers

Ages 1 to 5 years with parent **NEW!**

Lead by a native mandarin teacher, enjoy learning while singing, dancing, moving and engaging in fun art projects. The class is a full immersion class that allows you to capitalize on your child's prime time for language acquisition. It is great to see the children embrace the tonal language and its pronunciation. Class ages may be combined to prevent class cancellations.

*Location: NKCC • 10 weeks • No class 10/25 & 2/14
Resident \$168 / Non-Resident \$202*

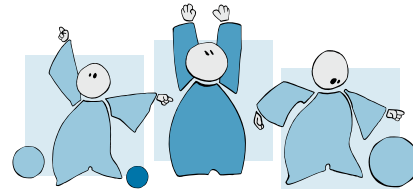
Ages 1 to 3 years

Fri	9:30–10:15am	Sept 13–Nov 22	39959
Fri	9:30–10:15am	Jan 10–Mar 21	39961

Ages 1 to 5 years

Fri	10:30–11:15am	Sept 13–Nov 22	39960
Fri	10:30–11:15am	Jan 10–Mar 21	39962

Indoor Playground



Drop-in Program with Parent

Tues/Thur: Indoor Playground (Ages 9 months–5 years)

Wed: Baby Playland (9 months–2 years) **NEW!**

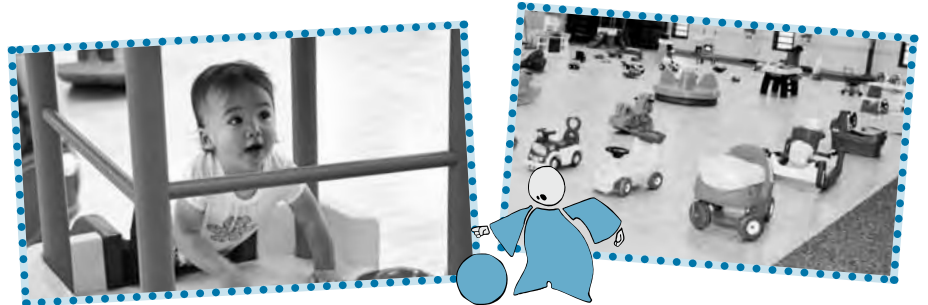
\$3 per child per visitor or 10-visit \$25 punchcard

*The sun did not shine
It was too wet to play
So we sat in the house
On that cold, cold wet day.*

*I sat there with Sally,
We sat there we two
And oh, how I wished
We had something to do!*

—Dr. Seuss

Don't sit in the house—come out to play in our large multipurpose room where there's lots of room to run! There are "Little Tikes" and "Step2-type" pedal and push buggies, cars, roller coaster and coupes, pirate ship climber, climber with slide, toddler teeter totter, kitchen set, workbench, small riding toys, wagon, rockers, trike, and octopus merry-go-round, and small toy cars and trucks. For Baby Playland on Wednesdays, we'll also include busy boxes, and miscellaneous pull and baby toys. Adults must supervise children at all times.



North Kirkland Community Center

12421 103rd Ave NE, 425.587.3350 • \$3 per visit

- Fee \$3 per visit, per child at the door
- Please bring exact change
- No 6 year olds, please!
- Sorry, no snacks or drinks allowed in the multipurpose room.
- Convenient cost-saving Drop-In Punch Cards! \$25 for 10 visits. These make great gifts!

Sept 10–Dec 19, 2013 (Closed Nov. 28)
Jan 7–Apr 3, 2014

Ages 9 months–5 years:

Indoor Playground
Tuesday and Thursday, 10am–1pm

Ages 9 months–2 years:

Baby Playland
Wednesday, 11am–1pm

Preschoolers

Preschool Programs

Most classes held at: NKCC
North Kirkland Community Center
12421 103rd Ave NE ★ 425.587.3350

Preschool Class Requirements

- ★ Children must be able to follow directions and participate in small group setting without a parent.
- ★ Please take your child to the bathroom before class.
- ★ No siblings other than infants in carriers; registered participants only.
- ★ Refer to class description for "no class" dates.
- ★ Please be on time for drop-off and pick-up.!
- ★ If we cancel an individual class, we will make it up when the schedule allows. If the schedule does not allow for a make-up class, a credit will be issued. No make-up are available for missed classes.
- ★ Refund policy is on page 7

"My son can't wait to go to school (ABC class) to see his friends. He is so proud of the work he brings home after class."

ABC & 123 "Preschool Fun For Everyone" Ages 3 to 5 years

Miss Susie will teach letter and color recognition, number sequencing, science, seasons and art doing creative group and individual projects. A 1 to 8 teacher to student ratio.

Choose from a 1 hour or 1½ hour class. We recommend the 1 hour programs for beginners. Location: NKCC

Age 3 years, 1 hour 6 weeks • No class 11/26
Resident \$64 / Non-Resident \$77 (per session)

Tue	9:30–10:30am	Sept 10–Oct 15	39963
Tue	9:30–10:30am	Nov 5–Dec 17	39966
Tue	9:30–10:30am	Jan 7–Feb 11	39969
Tue	9:30–10:30am	Feb 25–Apr 1	39972

Ages 3 to 4 years, 1½ hours 6 weeks
No class 11/26 • Resident \$96 / Non-Res. \$115 (per session)

Tue	10:40am–12:10pm	Sept 10–Oct 15	39964
Tue	10:40am–12:10pm	Nov 5–Dec 17	39967
Tue	10:40am–12:10pm	Jan 7–Feb 11	39970
Tue	10:40am–12:10pm	Feb 25–Apr 1	39973

Ages 4 to 5 years, 1½ hours 6 weeks
No class 11/26 • Resident \$96 / Non-Res. \$115 (per session)

Tue	12:30–2pm	Sept 10–Oct 15	39965
Tue	12:30–2pm	Nov 5–Dec 17	39968
Tue	12:30–2pm	Jan 7–Feb 11	39971
Tue	12:30–2pm	Feb 25–Apr 1	39974



Cooking

Creating in the Kitchen with Karen

Ages 3 to 5 years (children only)

Nurture curiosity in this tasty class where your child will practice creativity and culinary skills while learning kitchen safety and developing healthy eating habits. Plan, prep, and prepare for a gastronomic good time!

Instructor: Karen Renfroe-Gielgens • Location: McAuliffe Park, 10824 NE 116th St, Kirkland 98034 (enter off of 108th Ave NE) • 8 weeks • No class 1/20 & 2/17 • \$10 supply fee payable to instructor • Resident \$69 / Non-Resident \$83

Mon	2:30–3:30pm	Sept 9–Oct 28	39987
Mon	2:30–3:30pm	Jan 13–Mar 17	39989

Holiday Creating in the Kitchen with Karen

Ages 3 to 5 years

Cook special holiday treats in this 4-week class.

Location: McAuliffe Park, 10824 NE 116th St, Kirkland (enter off of 108th Ave NE) • 5 weeks • Supply fee of \$6 payable to instructor • Resident \$45 / Non-Resident \$54

Mon	2:30–3:30pm	Nov 18–Dec 16	39991
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For Creating in the Kitchen with Karen ages 4–8, see page 26



IMAGINATION THEATER >>

"Lauren was so enthusiastic and joyful, she made it so much fun for the kids and really helped them to stretch their imagination and confidence."

Imagination Theater

Ages 3 to 5 years

Let your imagination take you away through various drama games, music, and other creative activities using your creativity!

Instructor: Miss Lauren • Location: NKCC

4 weeks Resident \$28 / Non-Resident \$34

Tue	9:45–10:30am	Sept 10–Oct 1	39975
Tue	10:45–11:30am	Sept 10–Oct 1	39976
Tue	9:45–10:30am	Oct 15–Nov 5	39977
Tue	10:45–11:30am	Oct 15–Nov 5	39978
Tue	9:45–10:30am	Nov 19–Dec 10	39979
Tue	10:45–11:30am	Nov 19–Dec 10	39980
Tue	9:45–10:30am	Jan 7–28	39981
Tue	10:45–11:30am	Jan 7–28	39982
Tue	9:45–10:30am	Feb 11–Mar 4	39983
Tue	10:45–11:30am	Feb 11–Mar 4	39984

3 weeks Resident \$21 / Non-Resident \$25

Tue	9:45–10:30am	Mar 18–Apr 1	39985
Tue	10:45–11:30am	Mar 18–Apr 1	39986

Art

Art Adventures (Parent Participation Optional)

Ages 3 to 5 years

You're a little bit older, and now ready for this, a safari in art you won't want to miss. So lace up your boots, on a hunt we will go, that will take us through paint lands and mountains of dough. We'll capture the colors and textures and more, and release them to projects you're sure to adore.

Instructor: Miss Pamela • Location: NKCC • 3 weeks
Resident \$24 / Non-Resident \$29

Wed	10:30–11:15am	Sept 11–25	39993
Wed	10:30–11:15am	Oct 9–23	39994
Wed	10:30–11:15am	Nov 6–20	39995
Wed	10:30–11:15am	Dec 4–18	39996
Wed	10:30–11:15am	Jan 8–22	39997
Wed	10:30–11:15am	Feb 5–19	39998
Wed	10:30–11:15am	Mar 5–19	39999

Valentine Workshop

Ages 5 to 8 years

Create a one-of-a-kind valentine box with glitter, doilies, paint, stickers, and more to store your beloved valentines. Listen to a heartwarming story, and enjoy a valentine snack.

Instructor: Miss Pamela • Location: NKCC
Resident \$17 / Non-Resident \$20

Sat	12–1:30pm	Feb 8	40001
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Science/Art Series for 3's!

NEW!

These new short science classes are well suited for the youngest of scientists. This science and art series concentrates on exploring, discovering, and nurturing your preschool students' curiosity about the world around them. We will focus on problem solving, making guesses and estimates, and developing observation skills. Each series will have a variety of 'hands-on' and interactive themes! Learning will always be followed by a creative art project.

Super Sleuths

A Science/Art Experience

Age 3 years

Learn how scientists use their detective skills to solve problems. We will carefully observe, compare and contrast the world around us. These will include magnification, sense of hearing and sight, looking for patterns and becoming a detective to solve a mystery.

Instructor: Miss Melissa • Location NKCC • 3 weeks
Resident \$30 / Non-Resident \$36

Thur	1–1:45pm	Sept 12–26	40254
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Circles, Squares, & Triangles, Oh My!

A Science/Art Experience

Age 3 years

Shapes are all around us. Which ones are good for moving things? Which shapes hold the most weight? Is one shape better than another? How can we use these shapes to make things?

Instructor: Miss Melissa • Location NKCC • 3 weeks
Resident \$30 / Non-Resident \$36

Thur	1–1:45pm	Oct 4–17	40255
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Mysterious Mixtures

A Science/Art Experience

Age 3 years

What dissolves and what doesn't? Do liquids with different densities mix? We will have fun making ooey gooey oobleck, homemade ice cream and more.

Instructor: Miss Melissa • Location NKCC • 3 weeks
Resident \$30 / Non-Resident \$36

Thur	1–1:45pm	Nov 7–21	40256
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Amazing Me

A Science/Art Experience

Age 3 years

We are all amazing and have amazing bodies. In this series we will ask questions like: How are we all the same, yet different at the same time? What makes us unique? How do we use our muscles to do everyday things? How do we keep ourselves safe from germs?

Instructor: Miss Melissa • Location NKCC • 3 weeks
Resident \$30 / Non-Resident \$36

Thur	1–1:45pm	Dec 5–19	40257
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Size Matters

A Science/Art Experience

Age 3 years

Is bigger really better? How do things change as they grow? In this series we will explore chemistry as we grow crystals and find out how popcorn explodes!

Instructor: Miss Melissa • Location NKCC • 3 weeks
Resident \$30 / Non-Resident \$36

Thur	1–1:45pm	Jan 9–23	40260
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The Air Up There

A Science/Art Experience

Age 3 years

What is air made up of and how does it move? We will explore the concept of volume as we learn how air takes up space.

Instructor: Miss Melissa • Location NKCC • 3 weeks
No class 2/20 • Resident \$30 / Non-Resident \$36

Thur	1–1:45pm	Feb 6–27	40261
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Wet & Dry

A Science/Art Experience

Age 3 years

In this series we will explore the opposites of wet and dry. We will explore evaporation, hydrophobic materials and which materials absorb water best.

Instructor: Miss Melissa • Location NKCC • 3 weeks
Resident \$30 / Non-Resident \$36

Thur	1–1:45pm	Mar 6–20	40262
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Preschoolers

Science/Art Series for 4 to 5's

Landforms

A Science/Art Experience

Ages 4 to 5 years

Canyons, reefs, coasts, plains, lakes and rivers are just a few of the landforms your little geologist will become familiar with. Children will explore which animals live in each of the landforms and how our earth's landforms are constantly changing. We will discuss how the changing landforms can have positive and negative impacts on the human race. They will follow up their earth science activity with an exploration of art, experiencing watercolors, pastels, paints and clay.

Instructor: Miss Melissa • Location: NKCC • 5 weeks
Resident \$72 / Non-Resident \$86

Tue	12:30–2pm	Sept 10–Oct 8	40264
Tue	10:30am–12pm	Oct 22–Nov 19	40265

Sticky and Slimy

A Science/Art Experience

Ages 4 to 5 years

Children will discover what makes things sticky and slimy while creating the substances through science experiments. They will follow up their natural science activity with an exploration of art, experiencing watercolors, pastels, paints and clay. Don't miss out as we create papier-mâché artwork, find out how magnets work, and apply the use of sticky items to create works of art.

Instructor: Miss Melissa • Location: NKCC • 5 weeks
Resident \$72 / Non-Resident \$86

Tue	10:30am–12pm	Sept 10–Oct 8	40266
Tue	12:30–2pm	Oct 22–Nov 19	40267

Polar Regions of the World

A Science/Art Experience NEW!

Ages 4 to 5 years

In this short series students will explore the Arctic and Antarctic Regions. What makes them unique? How do animals survive? Would we be able to survive if we lived there? Each class will follow up with an exploration of art, experiencing watercolors, pastels, paints and clay.

Instructor: Miss Melissa • Location: NKCC • 3 weeks
Resident \$42 / Non-Resident \$50

Tue	10:30am–12pm	Dec 3–17	40268
Tue	12:30–2pm	Dec 3–17	40269

My little girl comes home excited to tell us what she learned about the rainforest, planets, rocks and volcanos. —Katie

Weather

A Science/Art Experience

Ages 4 to 5 years

Children will explore different weather patterns. They will learn about rain, clouds, tornadoes and recreate them in the classroom! They will follow up their natural science activity with an exploration of art, experiencing watercolors, pastels, paints and clay. Don't miss out as we investigate nature and use our scientific minds to recreate weather phenomena.

Instructor: Miss Melissa • Location: NKCC • 5 weeks
Resident \$72 / Non-Resident \$86

Tue	12:30–2pm	Jan 14–Feb 11	40270
Tue	10:30am–12pm	Feb 25–Mar 25	40271

Reflections & Shadows NEW!

A Science/Art Experience

Ages 4 to 5 years

Children will explore light, reflections and shadows in numerous ways. They will experiment with light to see how it can make things look clear or fuzzy, discover how rainbows are formed, and how light and reflection can magnify objects. They will follow up their natural science activity with an exploration of art, experiencing watercolors, pastels, paints and clay. Don't miss out as we learn and experiment with light, use a microscope and create art.

Instructor: Miss Melissa • Location: NKCC • 5 weeks
Resident \$72 / Non-Resident \$86

Tue	10:30am–12pm	Jan 14–Feb 11	40272
Tue	12:30–2pm	Feb 25–Mar 25	40273

The length of the class is great and I really like the concept of teaching science through art. —Jean

Preschool Music

Move Over Mozart Piano Classes

Ages 3 to 6 years

Learn to play familiar tunes on the piano, read music, and, basic music theory. Class recitals throughout the year are optional. Having a piano at home is not a requirement; instruction on community center piano or keyboard is included in instruction. A one-time \$10 materials fee is payable to instructor and due at first class. Class size is limited to 6 (additional classes may be added based on waiting lists). For more information visit moveovermozart.net.

Location: NKCC

10 weeks • No class 11/11, 1/20, 2/13, & 2/17
Resident \$89 / Non-Resident \$107

Preschool: Ages 3 to 4 years

Mon	4–4:30pm	Sept 16–Nov 25	40006
Mon	5–5:30pm	Sept 16–Nov 25	40007
Thur	4–4:30pm	Sept 19–Nov 21	40008
Thur	5:30–6pm	Sept 19–Nov 21	40009
Mon	4–4:30pm	Jan 6–Mar 24	40014
Mon	5–5:30pm	Jan 6–Mar 24	40015
Thur	4–4:30pm	Jan 16–Mar 27	40016
Thur	5:30–6pm	Jan 16–Mar 27	40017

Grade K-1: Ages 5 to 6 years

No class 11/11, 1/20, 2/13, & 2/17

Mon	4:30–5pm	Sept 16–Nov 25	40010
Mon	5:30–6pm	Sept 16–Nov 25	40011
Thur	4:30–5pm	Sept 19–Nov 21	40012
Thur	6–6:30pm	Sept 19–Nov 21	40013
Mon	4:30–5pm	Jan 6–Mar 24	40018
Mon	5:30–6pm	Jan 6–Mar 24	40019
Thur	4:30–5pm	Jan 16–Mar 27	40020
Thur	6–6:30pm	Jan 16–Mar 27	40021

For Move Over Mozart classes for ages 7–12 years, see page 25

Language Polly-Glots

Polly-Glots was founded in 2007 by a mom with a dream of offering engaging and affordable language immersion classes for children.

French for Children **NEW!**

Ages 4 to 7 years parent participation optional

This French immersion class integrates play, music, movement, and art to engage children and connect the foreign sounds and words to everyday items and activities. Vocabulary is provided so parents can reinforce the language outside of class.

Instructor: Frederique Battestini / Polly-Glots

Location: NKCC • 10 weeks • No class 2/15

Resident \$168 / Non-Resident \$202

Sat	10–10:45am	Sept 14–Nov 16	40004
Sat	10–10:45am	Jan 11–Mar 22	40005

For Parent/Child Spanish and Chinese ages 1-5 years, see page 15

Preschool Dance

Jazz for Children

Ages 3 to 4½ years

Jazz – It's fun, upbeat, and allows for just enough "free dance." This might be the perfect combination class because ballet techniques are taught through jazz. Start with a simple warm up followed by intros to turns, kicks, and leaps, with time for free form expression. Parents may join us for the last class to watch and take pictures.

Leather soled ballet slippers required • Location: NKCC

Fall 12 weeks No class 11/27

Resident \$86 / Non-Resident \$103

Wed	9:40–10:25am	Sept 11–Dec 4	40052
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Winter 11 weeks Resident \$79 / Non-Resident \$95

Wed	9:40–10:25am	Jan 8–Mar 19	40053
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PRESCHOOL BALLET/TAP >>

My daughter loved this class, learned real ballet and the teacher was amazing. —Charlene

Preschool Dance

NOTE: See page 14 for Dance Class for Two Year Olds with Parent!

Preschool Ballet A

Ages 3 to 4½ years with no previous dance experience

This exciting introduction to creative dance emphasizes musical expression, coordination and movement exploration. Mirrors and music create an enchanting dance environment. Parents may join us for the last class to watch and take pictures.

Leather soled ballet slippers required • Location: NKCC

Fall 12 weeks No class 10/25, 10/31, 11/11, 11/25-30
Resident \$86 / Non-Resident \$103

Mon	9:45–10:30am	Sept 9–Dec 9	40022
Wed	10:30–11:15am	Sept 11–Dec 4	40023
Wed	11:25am–12:10pm	Sept 11–Dec 4	40024
Thur	10:20–11:05am	Sept 12–Dec 12	40025
Sat	9–9:45am	Sept 14–Dec 7	40026
Sat	9:50–10:35am	Sept 14–Dec 7	40027

Winter 11 weeks No class 1/20 & 2/17

Resident \$79 / Non-Resident \$95

Mon	9:45–10:30am	Jan 6–Mar 31	40028
Wed	10:30–11:15am	Jan 8–Mar 19	40029
Wed	11:25am–12:10pm	Jan 8–Mar 19	40030
Thur	10:20–11:05 am	Jan 9–Mar 20	40031
Sat	9–9:45am	Jan 11–Mar 22	40032
Sat	9:50–10:35am	Jan 11–Mar 22	40033

Preschool Ballet B

Ages 4 to 6 years

Older preschoolers and children with previous dance experience will explore musicality, artistic expression and a repertoire of dance steps. Parents may join us for the last class to watch and take pictures.

Leather soled ballet slippers required! • Location: NKCC

Fall 12 weeks No class 10/25, 10/31, 11/11, 11/25-30
Resident \$86 / Non-Resident \$103

Mon	11:25am–12:10pm	Sept 9–Dec 9	40034
Thur	11:15am–12pm	Sept 12–Dec 12	40035
Sat	10:40–11:25am	Sept 14–Dec 7	40036

Winter 11 weeks No class 1/20 & 2/17

Resident \$79 / Non-Resident \$95

Mon	11:25am–12:10pm	Jan 6–Mar 31	40037
Thur	11:15am–12pm	Jan 9–Mar 20	40038
Sat	10:40–11:25am	Jan 11–Mar 22	40039



Preschool Ballet/Tap Combo A

Ages 3 to 4½ years

Remember your first pair of shiny black tap shoes? We do! Tap was so much fun we added it to our Preschool Ballet Class! This class will introduce the very beginning movements of ballet and the toe tapping sounds of tap. Parents may join us for the last class to watch and take pictures.

Leather soled ballet slippers and tap or dress shoes required! • Location: NKCC

Fall 12 weeks No class 10/31, 11/11 & 11/25-28
Resident \$86 / Non-Resident \$103

Mon	10:35–11:20am	Sept 9–Dec 9	40040
Thur	9:30–10:15am	Sept 12–Dec 12	40041
Thur	4–4:45pm	Sept 12–Dec 12	40042

Winter 11 weeks No class 1/20 & 2/17

Resident \$79 / Non-Resident \$95

Mon	10:35–11:20am	Jan 6–Mar 31	40043
Thur	9:30–10:15am	Jan 9–Mar 20	40044
Thur	4:00–4:45pm	Jan 9–Mar 20	40045

Preschool Ballet/Tap Combo B

Ages 4 to 6 years

Ballet and tap are explored in this class for the older preschooler and also for children with previous dance experience. Parents may join us for the last class to watch and take pictures

Leather soled ballet slippers and tap or dress shoes required! • Location: NKCC

Fall 12 weeks No class 10/31, & 11/25-28
Resident \$86 / Non-Resident \$103

Wed	12:15–1pm	Sept 11–Dec 4	40046
Thur	4:50–5:35pm	Sept 12–Dec 12	40047

Winter 11 weeks

Resident \$79 / Non-Resident \$95

Wed	12:15–1pm	Jan 8–Mar 19	40049
Thur	4:50–5:35pm	Jan 9–Mar 20	40050

Preschoolers

PEE WEE MONSTER BASH

Ages 5 and under with parent

Put on your costume, grab your broom and fly on over to our 8th Annual Pee Wee Monster Bash! You'll do the monster mash, the ghoulish cookie walk, swamp fishing for treats, arts & crafts, and more. We guarantee a not too spooky time, just a kooky time!

FRIDAY, OCT 26, 10AM-NOON

Pre-register early to guarantee your spot! Event usually sells out. If not sold out, tickets will be available at the door on a limited basis. No refunds for this event.

Per Child: Res \$10.95 / Non Res \$13.14
(includes WA State Sales Tax)
NKCC • 12421 103rd Ave NE

Fri 10am-12pm Oct 26 40002

COME ANY TIME.
ACTIVITIES ARE ONGOING, CARNIVAL STYLE!



Snowflake Ball

**FATHER/
DAUGHTER
DANCE**

Friday, December 13 6:30-8:30pm

Ages 3 to 10 years with Dad

Start an annual tradition! Join us for a fun Father/Daughter Dance as we celebrate the beginning of the winter season with an enchanted evening of music and dancing. Dance to old favorites such as YMCA and the Macarena and learn new dances, too. Create a princess craft, and enjoy beverages and goodies. Dress up in your finest clothes or princess gowns since this will be a magical night spent with Dad! Grandpas, uncles, or other father figures etc. are welcomed to escort their little sweethearts to this special evening. Have your commemorative photo taken as a treasured memory of this wonderful night.

**Register each child separately —
space is limited so sign up now!**

Location: NKCC

Per Child: Res \$25.19 / Non-Res \$30.23
(includes WA State Sales Tax)

Friday 6:30-8:30pm Dec 13 40003



Junior Engineering

Junior Aerospace Engineering: Taking to the Skies

NEW!

Ages 4 to 6 years

Children are natural engineers! Let your child explore their interest in all things that fly by introducing young engineers to the fundamental concepts of aircraft and spacecraft design. Through open and focused exploration, students explore and construct airplanes, rockets, hot air balloons, and more.

*Instructor: Engineering for Kids • Location: NKCC
6 weeks • Resident \$90 / Non-Resident \$108
\$35 supply fee payable to instructor*

Wed	1:00-1:45pm	Sept 11-Oct 16	40460
Wed	1:00-1:45pm	Feb 19-Mar 26	40462

Junior Chemical Engineering: Crazy Concoctions

NEW!

Ages 4 to 6 years

Does your child enjoy mixing different ingredients? If so, nurture your child's interest in chemical engineering by introducing young engineers to the fundamental concepts of solids, liquids, gases, and mixtures. Students investigate the properties of several crazy concoctions and make their own samples of bubbles, play dough, bouncy balls, and more.

*Instructor: Engineering for Kids • Location: NKCC
6 weeks • No class 11/27 • Resident \$90 / Non-Res \$108
\$35 supply fee payable to instructor*

Wed	1:00-1:45pm	Oct 30-Dec 11	40461
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Junior Mechanical Engineering: Widets and Gadgets

NEW!

Ages 4 to 6 years

Children are often fascinated with machines all around us. From cars to coasters, this class introduces young engineers to the fundamental concepts of energy, materials, and movement. Through open and focused explorations, students explore and construct their own roller coasters, catapults, cars, and more.

*Instructor: Engineering for Kids • Location: NKCC
6 weeks • Resident \$90 / Non-Resident \$108
\$35 supply fee payable to instructor*

Wed	1:00-1:45pm	Jan 8-Feb 12	40463
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Cheerleading

Pee Wee Cheer

Ages 3 to 5 years

YOU CAN DO IT, YES YOU CAN! Join our Cheer Coach for a cheerleading class is geared toward your peppy preschooler. Pee Wee cheerleaders will learn cheers and chants formatted for beginners. New routines each session! Parents may join us on the last day of class to see what we have learned.

Wear loose comfortable clothing and tennis shoes
Location: NKCC

Fall 6 weeks No class 11/11
Resident \$24 / Non-Resident \$29

Mon	3:15–3:45pm	Sept 16–Oct 21	40054
Mon	3:15–3:45pm	Nov 4–Dec 16	40055

Winter 5 weeks No class 1/20
Resident \$20 / Non-Resident \$24

Mon	3:15–3:45pm	Jan 6–Feb 10	40056
Mon	3:15–3:45pm	Mar 3–31	40057

For Cheerleading classes
ages 5 to 8, see page 28

Be a Star in Our Brochure!

Seeking photos from around Kirkland.

Would you like to submit a photo to be considered for use in future Kirkland Parks Guides? Do you have a photo from a Kirkland park or other recognizable Kirkland location, event or class showing the fun you are having in Kirkland? For the photo to be considered it should ideally be 2550x3500 pixels. A photographer's release form might be required depending on the photo.

For questions call Tracy Harrison at 425.587.3352.
Email photos to tharrison@kirklandwa.gov.

Preschool Sports and Fitness

Little Tumblers 1

Ages 3 to 4 years

FUNDamental tumbling is geared toward the 3 and 4 year old preschooler. Basic tumbling skills are taught on floor mats. Introduction to low balance beam, bar, and trampoline. The emphasis in this class is placed on coordination, technique, and FUN!

Please dress comfortably in shorts, T-shirts or leotards
No clothing with buttons or zippers.

Fall 6 weeks No class 11/11, 11/29
Location: NKCC • Resident \$43/ Non-Resident \$52

Mon	4–4:45pm	Sept 9–Oct 14	40064
Mon	4–4:45pm	Oct 28–Dec 9	40065
Fri	10:30–11:15am	Sept 13–Oct 18	40066
Fri	10:30–11:15am	Nov 1–Dec 13	40067
Fri	11:30am–12:15pm	Sept 13–Oct 18	40068
Fri	11:30am–12:15pm	Nov 1–Dec 13	40069

Winter 5 weeks Location: NKCC • No class 1/20
Resident \$36 / Non-Resident \$43

Mon	4–4:45pm	Jan 6–Feb 10	40072
Fri	10:30–11:15am	Jan 10–Feb 7	40074
Fri	11:30am–12:15pm	Jan 10–Feb 7	40076

Winter 6 weeks Location: NKCC
Resident \$43 / Non-Resident \$52

Mon	4–4:45pm	Feb 24–Mar 31	40073
Fri	10:30–11:15am	Feb 21–Mar 28	40075
Fri	11:30am–12:15pm	Feb 21–Mar 28	40077



Little Tumblers 2

Ages 4 to 6 years

For children with previous tumbling experience only. Review tumbling skills and advance to the next level with additional work on all apparatus.

Please dress comfortably in shorts, T-shirts or leotards.
No clothing with buttons or zippers.

Fall 6 weeks No class 11/11, 11/29
Location: NKCC • Resident \$43/ Non-Resident \$52

Mon	4:50–5:35pm	Sept 9–Oct 14	40080
Mon	4:50–5:35pm	Oct 28–Dec 9	40081

Winter 5 weeks Location: NKCC • No class 1/20
Resident \$36/ Non-Resident \$43

Mon	4:50–5:35pm	Jan 6–Feb 10	40082
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Winter 6 weeks Location: NKCC
Resident \$43/ Non-Resident \$52

Mon	4:50–5:35pm	Feb 24–Mar 31	40083
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LITTLE TUMBLERS

“The tumbling program is great—the perfect amount of time, fantastic progression, and small amount of students, my daughter absolutely loved the class.” —Darci

Mighty Mite Martial Arts

Ages 4 to 6 years

Miller Martial Arts Academy introduces Martial Arts to boys and girls. Learn non-violent conflict resolution, better concentration and listening skills, and build coordination, flexibility and self-control. At this age there will never be contact between participants. The last week of class we will have a graduation ceremony to a Mighty Mite White Belt.

Location: Miller Martial Arts Academy, 8920 122nd Ave NE, Kirkland • 8 weeks • No class 1/20 & 2/17
Resident \$38 / Non-Resident \$46

Mon	2:30–3pm	Sept 9–Oct 28	40058
Wed	2:45–3:15pm	Sept 11–Oct 30	40059
Sat	10:30–11am	Sept 14–Nov 2	40060
Mon	2:30–3pm	Jan 6–Mar 10	40061
Wed	2:45–3:15pm	Jan 8–Feb 26	40062
Sat	10:30–11am	Jan 11–Mar 1	40063



Preschool Kids In Motion

Up and over, under and through, balls and streamers, tunnels and YOU!

Meet friends, build confidence and have FUN developing their large muscle motor skills. This program progresses with your child... they'll be crawling, climbing, balancing, and bouncing! See page 14 for Parent/Child Kids in Motion classes for younger children. **Location: NKCC**

"A very enthusiastic '10' for Miss Melissa I am really impressed with how she changes the activities to fit the developmental differences between age groups."

Rhythmic Gymnastics

Kirkland Parks teams up with La Luna Rhythmic Gymnastics Academy to bring this beautiful Olympic sport of Rhythmic Gymnastics to the Kirkland community. These introductory classes are offered in a safe, friendly, new studio in your neighborhood. Rhythmic Gymnastics combines the grace and beauty of ballet and creative movement with music. Participants perform athletic tricks with ribbons, balls, hoops, ropes and clubs. Self-esteem, discipline, flexibility, dance and artistry, concentration, eye/hand coordination, and aerobic exercise are some of the benefits of this unique sport. Gymnasts learn the basic positions of ballet and do routines with music.

Instructor Arzu Karaali has trained athletes for National and International competitions and worked with athletes as a choreographer for the 1996 Olympic Games in Atlanta. She was selected seven times "Best Choreographer of the Year" in Washington and was awarded "Coach of the Year" three times by the USA Gymnastics Federation in Region 2.

Location: La Luna Gym • 11251 120th Ave NE Suite #150, Kirkland, WA 98033 • www.lalunagym.com

"The teacher was so great with the girls, they had so much fun and learned things they still practice at home." —Kim

Rhythmic Gymnastics Level 1 Beginners

Girls Ages 4 to 5

Introduces students to basic positions of Ballet and Rhythmic Gymnastics apparatus while encouraging confidence, creativity, flexibility of movement and self-expression. No experience necessary.

Gymnastics leotard required, bare feet or socks OK.
Location: LaLuna Gym, 11251 120th Ave NE, Ste 150, Kirkland

12 weeks • No class 11/26 & 30
Resident \$108 / Non-Resident \$130

Tue	2-2:45pm	Sept 10-Dec 3	40084
Tue	3-3:45pm	Sept 10-Dec 3	40085
Sat	12-12:45am	Sept 14-Dec 7	40086
Tue	2-2:45pm	Jan 14-Apr 1	40094
Tue	3-3:45pm	Jan 14-Apr 1	40095
Sat	12-12:45am	Jan 18-Apr 5	40096

Rhythmic Gymnastics Level 2 Advanced

Girls Ages 4 to 5

This Level 2 class has been designed for 4 and 5 year olds with experience. The class reinforces the foundation of ballet and rhythmic gymnastics while introducing advanced techniques. It is important that your child be able to listen and follow directions in order to challenge and prepare for the next level!

Gymnastics leotard required, bare feet or socks ok.
Minimum of one year dance or gymnastics experience required. **Location:** LaLuna Gym, 11251 120th Ave NE, Ste 150, Kirkland

12 weeks • No class 11/27 & 30
Resident \$108 / Non-Resident \$130

Wed	5-5:45pm	Sept 11-Dec 4	40087
Sat	12-12:45pm	Sept 14-Dec 7	40088
Wed	5-5:45pm	Jan 15-Apr 2	40097
Sat	12-12:45pm	Jan 18-Apr 5	40098

For Rhythmic Gymnastics ages 6 to 10, see page 28

Kids In Motion – On My Own

Perfect for children transitioning to non-parent participation. This ½ hour class is for children only.

Ages 28 months to 3 years

7 weeks Resident \$32 / Non-Resident \$38

Thur	9:15-9:45am	Sept 12-Oct 24	40101
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6 weeks No class 11/28
Resident \$27 / Non-Resident \$32

Thur	9:15-9:45am	Nov 7-Dec 19	40102
Thur	9:15-9:45am	Jan 9-Feb 13	40103
Thur	9:15-9:45am	Feb 27-Apr 3	40104

Kids In Motion A & B

45-minute classes are for children only.

Motion A Ages 2½ to 3 years

7 weeks Resident \$49 / Non-Res \$59

Wed	11-11:45am	Sept 11-Oct 23	40105
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6 weeks No class 11/27 • Resident \$42 / Non-Res \$50

Wed	11-11:45am	Nov 6-Dec 18	40106
Wed	11-11:45am	Jan 8-Feb 12	40107
Wed	11-11:45am	Feb 26-Apr 2	40108

Motion B Ages 3 to 4 years

7 weeks Resident \$49 / Non-Resident \$59

Thur	11:35am-12:20pm	Sept 12-Oct 24	40109
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6 weeks No class 11/28 • Resident \$42 / Non-Res \$50

Thur	11:35am-12:20pm	Nov 7-Dec 19	40110
Thur	11:35am-12:20pm	Jan 9-Feb 13	40111
Thur	11:35am-12:20pm	Feb 27-Apr 3	40112



Ice Skating All Ages!

Our professional learn-to-skate staff will teach a progression of skills to ensure safety and provide an understanding of the basic fundamentals of ice skating. Whether you are a beginner or would like to enhance your present skill level, we encourage children and adults to join. Students will be divided into their skill level and age level. Skates will be provided and helmets are highly recommended.

Classes will be held at Kingsgate Arena; 14326 124th Ave NE, Kirkland WA 98034. Classes will include 30 minutes of professional instruction and 30 minutes of practice/free skating time. Last day of class is "bring a buddy for free day." Skates will be provided for your buddy. Registration deadline is: one week prior to start of first class. Please arrive ½ hour before class to get skates on. Please wear warm clothes, jacket and gloves.

FALL

Ages 5 to Adult 7 weeks

Resident \$120 / Non-Resident \$144

Mon	6-7pm	Sept 9-Oct 21	40368
Fri	6-7pm	Oct 11-Nov 22	40372
Mon	6-7pm	Nov 4-Dec 16	40369

Ages 4 to Adult 7 weeks

Resident \$120 / Non-Resident \$144

Tue	10:45-11:45am	Sept 10-Oct 22	40370
Tue	10:45-11:45am	Nov 5-Dec 17	40371

WINTER

Ages 5 to Adult 7 weeks

Resident \$125 / Non-Resident \$150

Mon	6-7pm	Jan 6-Feb 17	40373
Fri	6-7pm	Jan 10-Feb 21	40377
Mon	6-7pm	Feb 24-Apr 7	40374
Fri	6-7pm	Feb 28-Apr 11	40378

Ages 4 to Adult 7 weeks

Resident \$125 / Non-Resident \$150

Tue	10:45-11:45am	Jan 7-Feb 18	40375
Tue	10:45-11:45am	Feb 25-Apr 8	40376

3 to 6
years
of age

Pee Wee Basketball

**NEW! Fall and Winter Sessions
Offered For 2013/14 Season!**

Develop basic motor skills such as dribbling/ball handling, shooting, passing/catching and running/agility that are needed to participate in organized basketball. Practice and games are centered around skill development, participation, and fun! Each player receives a T-shirt, group photo and participation certificate.

**Saturdays • Class meets 6 weeks
No class 11/9, 11/30 or 2/15**

FALL Pee Wee Basketball -Saturdays

*Please note Photo day is October 26th
3 to 4 years old pictures are at 9:30am
5 to 6 year olds pictures are at 10:45am*

Resident \$65 / Non-Resident \$78

Ages 3-4	10am-11am	Oct 26-Dec 14	39495
Ages 5-6	11:15am-12:15pm	Oct 26-Dec 14	39496

WINTER Pee Wee Basketball -Saturdays

*Please note Photo day is January 25th
3 to 4 years old pictures are at 9:30am
5 to 6 year olds pictures are at 10:45am*

Resident \$65 / Non-Resident \$78

Ages 3-4	10am-11am	Jan 25-Mar 8	39497
Ages 5-6	11:15am-12:15pm	Jan 25-Mar 8	39498



For ages 11 to 18

Youth & teen Move it!

NEW! See page 32



Youth Ice Hockey

For ages 4 to 13
See page 29

PEE WEE SOCCER

TWO LOCATIONS TO CHOOSE FROM!

Ages 3 to 6 years Pee Wee Soccer League (PWS) is focused on fun, participation and socialization. Games are played on Saturday mornings, between 8 and 2pm on the hour and take 60 minutes with the first part of the hour dedicated to practice. Choose from two locations, either Emerson High Field or 132nd Square Park. Shin guards are mandatory. Each player will receive a team shirt and a medal.

NOTE: Parent and child need to be available during the hours of 8am and 2pm on Saturdays. Game times will vary each week.

Volunteer coaches needed.

Please call 425.587.3331 for more information.



Resident \$66 • Non-Resident \$79 + sales tax

LOCATION 1:

Emerson High Field, 10903 NE 53rd St

Game start times will vary each week.

Possible games times: 8am, 9am, 10am, 11am, 12pm or 1pm

3 to 4 year olds	Sat	Sept 14–Oct 26	40176
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5 to 6 year olds	Sat	Sept 14–Oct 26	40177
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LOCATION 2:

132nd Square Park, 13159 132nd Ave NE

Game start times will vary each week.

Possible games times: 8am, 9am, 10am, 11am, 12pm or 1pm

3 to 4 year olds	Sat	Sept 14–Oct 26	40178
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5 to 6 year olds	Sat	Sept 14–Oct 26	40179
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Quick Facts about the Pee Wee Soccer League (PWS):

Do I have to choose a location?

You are free to choose whichever location is most convenient. Just register using the designated course number. All games will be played at that particular location meaning there will be no cross-league games.

I've signed up for PWS...what do I do now?

You will be contacted by a coach at least one week prior to the first day, September 7th. The coach will provide you with information about game schedule, team name, etc.

I'd like to be a coach. How do I apply? And, what if my team does not have a coach?

If you'd like to apply to be a volunteer coach, please visit our league website www.kirklandwa.gov/pee-weesoccer to download the volunteer application. We are always looking for good volunteers. Prior soccer experience does help but is not necessary. We handle applications on a first-come, first-serve basis therefore getting your volunteer packet turned in ASAP is crucial. All coaches must pass a background check. If no one volunteers to coach your team then Kirkland staff will contact individual parents from your team roster to coach. Feel free to email nthomas@kirklandwa.gov for more information.

How are teams formed?

Registration is taken on a first come, first serve basis. Siblings will be placed on the same team. Teams are formed randomly, but we take into consideration gender ratios and ages of the participants.

What is the format of the league?

The program meets on Saturday mornings/early afternoons. The program is one hour in duration with the first 20 or 30 minutes of the hour, depending on age division, devoted to practice. The last 30 or 40 minutes are reserved for a friendly, recreational-style soccer game. Game start times will range from 8am to 1pm on the hour. For example, week one your game might be at 9am but week two your game might be at 10am.

Are games played in the rain?

Yes, if it is raining, games will be played as scheduled if the field is in good condition. If the field conditions are poor, putting safety in jeopardy (or if it is raining heavily), we will cancel games for the day and reschedule.

Does the program take player pairing or coach requests?

Requests for team pairings are taken but are not guaranteed. You child must be registered before you may make a request. **If you sign up for the league it is the parent's responsibility to arrange for travel, supervision, etc. regardless of who is on your child's team.**

What is included with the registration fee?

Each child will receive a t-shirt to wear during the season and a participant medal at the end of the season. Shin guards are not provided but are required. Cleats are optional but recommended.

If I have additional questions, who do I contact?

Please call 425.587.3336 for additional information or to register.

REGISTRATION IS OPEN NOW!
For registration & information
call 425.587.3336



Winter & Spring Break Camps for Youth & Teens

Rhythmic Gymnastics & Creative Dance Camps Winter & Spring Break Camps

Girls Ages 5 to 12 years

La Luna Rhythmic Gymnastics winter & spring breaks are designed for the beginner gymnast. Rhythmic gymnastics with balls, ribbons, clubs, ropes, and hoops will be emphasized along with ballet preparation and creative dance. Two snacks are provided by the Academy. You provide a leotard, lunch and water bottle.

*Instructor: La Luna Rhythmic Gymnastics Instructors
Location: La Luna Academy 11251 120th Ave NE., Ste 150
Kirkland, WA 98033, www.lalunagym.com*

Winter Camp 2 days Resident \$80 / Non-Res \$96
(Extended care, see below)

Thur & Fri	9am–4pm	Dec 26 & 27	40299
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For Campers Only Extended hours (for the two days) from
8–9am and 4–6pm, Resident \$14 / Non-Res \$17

Thur & Fri	8–9am & 4–6pm	Dec 26 & 27	40311
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Spring Camp 5 days Resident \$185 / Non-Res \$238
(Extended care, see below)

Mon–Fri	9am–4pm	Apr 7–11	40300
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For Campers Only Extended hours (for the week) from
8–9am and 4–6pm, Resident \$35 / Non-Resident \$42

Mon–Fri	8–9am & 4–6pm	Apr 7–11	40312
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Lego® Pre-Engineering Winter Break Camp

Ages 5 to 7 years

Let your imagination run wild with over 100,000 pieces of LEGO®! Build engineer-designed projects such as boats, bridges, mazes, and motorized cars. Explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well instructor.

This makes a great holiday gift!

Location: NKCC • 2 days • Resident \$80 / Non-Resident \$96

Thur & Fri	9am–12pm	Dec 26 & 27	40320
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Lego® Engineering FUNDamentals Winter Break Camp

Ages 7 to 11 years

Power up your engineering skills with Play-Well TEKnologies and over 100,000 pieces of LEGO®! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as arch bridges, motorized gondolas, and the Battletack! Challenging for new and returning students. **And, it makes a great holiday gift!**

Location: NKCC • 2 days • Resident \$80 / Non-Resident \$96

Thur & Fri	1–4pm	Dec 26 & 27	40321
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Lego® Jedi Engineering Spring Break Camp

Ages 5 to 7 years

Young Jedi will explore worlds far, far away and engineering principles right in front of them. Defeat the Empire by designing and refining X-wings, R2-units, and settlements on far-flung edges of the galaxy. Imagination and engineering combine to create motorized and architectural projects such as energy catapults, shield generators and defense turrets. A new offering of original designs for young Jedi from Play-Well TEKnologies. **Sign up early, this camp will go fast!**

Location: NKCC • 1 week • Resident \$200 / Non-Res \$240

Mon–Fri	1–4pm	Apr 7–11	40326
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Washington State sales tax will be added to camp fees.

Music

Move Over Mozart Piano Classes

Grade K-6: Ages 5 to 12 years

Learn to play piano familiar tunes on the piano, read music, and, basic music theory. Class recitals are optional. Having a piano at home is not a requirement; instruction on community center piano or keyboard is included in instruction.

A one-time \$10 materials fee is payable to instructor and due at first class. Class size is limited to 6 (additional classes may be added based on waiting lists). For more information visit moveovermozart.net.

Location: NKCC • 10 weeks • No class 11/11, 1/20, 2/13 & 2/17 • Resident \$89 / Non-Resident \$107

Grade K-1: Ages 5 to 6 years

Mon	4:30–5pm	Sept 16–Nov 25	40010
Mon	5:30–6pm	Sept 16–Nov 25	40011
Thur	4:30–5pm	Sept 19–Nov 21	40012
Thur	6–6:30pm	Sept 19–Nov 21	40013
Mon	4:30–5pm	Jan 6–Mar 24	40018
Mon	5:30–6pm	Jan 6–Mar 24	40019
Thur	4:30–5pm	Jan 16–Mar 27	40020
Thur	6–6:30pm	Jan 16–Mar 27	40021

Grade 2–6: Ages 7 to 12 years

Mon	6–6:30pm	Sept 16–Nov 25	40113
Thur	5–5:30pm	Sept 19–Nov 21	40114
Mon	6–6:30pm	Jan 6–Mar 24	40115
Thur	5–5:30pm	Jan 16–Mar 27	40116

For Move Over Mozart classes for
ages 3 to 4 years, see page 18

Beginning Guitar Turbo Charged!

12 years to Adult

This fast-paced course covers all the basics—from tuning and strumming, all the way up to common chord progressions. Learn major, minor and 7th chords, basic rhythms and beginning theory. Good for acoustic styles. Must be at least 12 years old at the start of class.

*Student must provide their own instrument
Instructor: Scott Lawson • Location: NKCC • 8 weeks
No class 2/17 • Resident \$98 / Non-Resident \$118*

Ages 12 to 15 years

Mon	5:15–6:15pm	Sept 16–Nov 4	40117
Mon	5:15–6:15pm	Jan 27–Mar 24	40119

Ages 16 yrs to Adult

Mon	6:30–7:30pm	Sept 16–Nov 4	40118
Mon	6:30–7:30pm	Jan 27–Mar 24	40120

Youth & Teens

Engineering for Kids

Apprentice Aerospace Engineering: Up, Up, & Away

Ages 7 to 11 years

NEW! In this course, students are introduced to the Engineering Design Process, which they utilize to design, create, test, and refine a variety of flying machines. They construct a shock absorbing system designed to protect two marshmallow "astronauts" in a lunar vehicle, create their own air-powered rockets, and assemble a hot air balloon model that actually takes flight!

Instructor: Engineering for Kids • Location: NKCC
6 weeks • Resident \$105 / Non-Resident \$126
\$35 supply fee payable to instructor

Wed	2:30–4pm	Sept 11–Oct 16	40464
Wed	2:30–4pm	Feb 19–Mar 26	40467

Apprentice Chemical Engineering: Mix it Up

Ages 7 to 11 years

NEW! In this course, students are introduced to the Engineering Design Process, which they utilize to design, create, test, and refine various mixtures and solutions with different chemical properties. They develop solutions to clean up and oil spill, synthesize their own rocket fuel, and investigate the secrets behind color pigmentation.

Instructor: Engineering for Kids • Location: NKCC
6 weeks • No class 11/27 • Resident \$105 / Non-Res \$126
\$35 supply fee payable to instructor

Wed	2:30–4pm	Oct 30–Dec 11	40465
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Apprentice Mechanical Engineering: Master Machines

Ages 7 to 11 years

NEW! In this course students are introduced to the Engineering Design Process, which they utilize to design, create, test, and refine a variety of machines and mechanical systems. Students learn about fluid mechanics, simple machines, and other design and advanced engineering concepts while constructing roller coasters, egg-drop vehicles, and an incredibly fast CO2 Dragster designed to stop within a target zone.

Instructor: Engineering for Kids • Location: NKCC
6 weeks • Resident \$105 / Non-Res \$126
\$35 supply fee payable to instructor

Wed	2:30–4pm	Jan 8–Feb 12	40466
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Cooking

Creating in the Kitchen with Karen

Ages 4 to 8 years

Nurture curiosity in this tasty class where your child will practice creativity and culinary skills while learning kitchen safety and developing healthy eating habits. Plan, prep, and prepare for a gastronomic good time!

Instr: Karen Renfro-Gielgens • Location: McAuliffe Park, 10824 NE 116th St, Kirkland (enter off of 108th Ave NE, past playground, 1st driveway on the right) • 8 weeks
No class 1/20 & 2/17 • \$10 supply fee payable to instructor
Resident \$69 / Non-Resident \$83

Mon	3:50–4:50pm	Sept 9–Oct 28	39988
Mon	3:50–4:50pm	Jan 13–Mar 17	39990

Holiday Creating in the Kitchen with Karen

Ages 4 to 8 years

Cook special holiday treats in 4-week class.

Location: McAuliffe Park, 10824 NE 116th St, Kirkland (enter off of 108th Ave NE, past playground, 1st driveway on the right) • 5 weeks • Supply fee of \$6 payable to instructor • Resident \$45 / Non-Resident \$54

Mon	3:50–4:50pm	Nov 18–Dec 16	39992
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Valentine Workshop

Ages 5 to 8 years

Create a one-of-a-kind valentine box with glitter, doilies, paint, stickers, and more to store your beloved valentines. Listen to a heart-warming story, and enjoy a valentine snack.

Instructor: Miss Pamela • Location: NKCC
Resident \$17 / Non-Resident \$20

Sat	12–1:30pm	Feb 8	40001
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Super Safe Sitters

Ages 11 to 17 years

Ready for your adventures in babysitting? A super one-day program designed to train in child care. 5-hour program covers parent expectations, first aid, nutrition, fire prevention, personal safety, home security, activities and more. Graduates receive a handbook and certificate.

No drop-ins please • Bring a sack lunch, an afternoon snack, and lots of questions • Pre-register: no drop-ins the day of class, please • Instructor: Dianne Luecken
Location: NKCC • Resident \$38 / Non-Resident \$46

Sat	9am–2pm	Oct 12	40126
Sat	9am–2pm	Dec 7	40127
Sat	9am–2pm	Mar 15	40128

Life Skills

Kidsafe

Ages 5 to 9 years with parent

Today's news is filled with stories of child abuse, assaults, and Amber alerts. Keep the magic of childhood safe in this low-key, friendly, and age-appropriate safety skills class for girls and boys ages 5 to 9. Learn about risks facing your kids, how to frame the discussion with children, and recognizing when someone may be targeting your family. Children will practice the 'five fingers' approach: think, yell, get free, run, and tell.

Instructor: Joann Factor. Location: NKCC
Resident \$37 / Non-Resident \$43

Sat	12:30–2pm	Oct 5	40121
Sat	12:30–2pm	Jan 18	40122

Young Ladies & Gentlemen (Etiquette)

Ages 6 to 10 years

Manners are the key to building positive friendships and strong self-confidence. This fun, hands-on workshop explores the value of kindness and respect for others and their practical applications in introductions and handshakes, table manners, personal care, posture, telephone etiquette and more.

Instructor from Final Touch Finishing School
Location: NKCC • Resident \$39 / Non-Resident \$47

Sat	9am–12pm	Oct 26	40123
Sat	9am–12pm	Feb 8	40124

Starting Point — Middle School Success **NEW!**

Ages 11 to 14 years

Navigate middle school with confidence and class with the 3 R's—respect, restraint & responsibility! Gain valuable tips on creating and maintaining meaningful friendships, introductions, conversation starters, cell phones, social media, and how to stay organized. Discover the power of maintaining a positive attitude, and how you can create an authentic and appropriate first impression.

Instructor: from Final Touch Finishing School
Location: NKCC • Resident \$54 / Non-Resident \$65

Sat	1–5pm	Oct 26	40125
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Teen Ballet with Marco Carrabba

Instructor: Marco Carrabba, Ballet Master/Choreographer of Carrabba Dance Theatre, has a 20 year distinguished professional dance career and over 16 years' experience teaching and choreographing ballets for students of all levels, as well as an extensive theater background. Dance companies include PNB, San Francisco, Boston, Stuttgart and Hamburg Ballet.

Ballet: Teen

Ages 10 to 16 years

Learn ballet technique, dance vocabulary, practice exercises at the barre, stretching and center floor work. Emphasis is on improving balance, coordination, alignment and strength all taught in a positive and supportive environment. Students will also learn specific steps and creative movement. This fun, invigorating class for boys and girls is a balance of activities and musical awareness. Two ballet classes per week are recommended for continual progress.

Location: PKCC • Instructor: Marco Carrabba
No class 11/11, 11/27, 12/23, 12/25, 12/30, 1/1, & 1/20
6 classes • Resident \$66 / Non-Resident \$79

Wed	4:15–5:15pm	Sept 11–Oct 16	40322
Mon	4:15–5:15pm	Sept 16–Oct 21	40323
Wed	4:15–5:15pm	Oct 23–Dec 4	40324
Mon	4:15–5:15pm	Oct 28–Dec 9	40325
Wed	4:15–5:15pm	Dec 11–Jan 29	40327
Mon	4:15–5:15pm	Dec 16–Feb 20	40328
Wed	4:15–5:15pm	Feb 5–Mar 12	40329
Mon	4:15–5:15pm	Feb 24–Mar 31	40330

Youth Dance

Beginning Ballet/Tap Combo

Ages 5 to 7 years

This class is a progressive transition from Preschool Dance/Tap Combo B. Using two-thirds ballet and one-third tap, this class will build technique and dance vocabulary. Parent watch day is during the last class; bring your camera!

Ballet and tap shoes required • Location: NKCC

Fall 12 weeks No class 10/31 & 11/28

Resident \$86 / Non-Resident \$103

Thur	5:45–6:30pm	Sept 12–Dec 12	40132
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Winter 11 weeks Resident \$79 / Non-Resident \$95

Thur	5:45–6:30pm	Jan 9–Mar 20	40133
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Ballet 1

Ages 5 to 7 years

This class introduces ballet technique to the older student while challenging the younger experienced student. Ballet vocabulary, alignment, posture, strength, and fluidity will be the focus through barre exercises, floor, and center work. Prerequisite for 5 year olds: Preschool Dance B or equivalent experience. 5 year olds must register by phone at 425.587.3350.

Bring your cameras, Parent Watch day is the last day of session • Location: NKCC

Fall 12 weeks No class 11/30

Resident \$86 / Non-Resident \$103

Sat	11:30am–12:15pm	Sept 14–Dec 7	40134
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Winter 11 weeks Resident \$79 / Non-Resident \$95

Sat	11:30am–12:15pm	Jan 11–Mar 29	40135
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Keiki Hula

Ages 5 to 8 and 8-10 years

Students will learn the basic foot and hand motions of the hula with emphasis on posture and timing. They will sing and learn the story of their hula along with a few Hawaiian words that pertain to their dance. Please wear shorts and t-shirts to class.

Instructor: Jeanne Makanaoklani Porter • Location: NKCC
10 weeks • No class 9/18 • Resident \$71 / Non-Resident \$85

Ages 5 to 8 years

Wed	5:30–6:15pm	Sept 11–Nov 20	40145
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Wed	5:30–6:15pm	Jan 15–Mar 19	40147
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Ages 8 to 10 years

Wed	4:35–5:20pm	Sept 11–Nov 20	40146
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Wed	4:35–5:20pm	Jan 15–Mar 19	40148
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Hip Hop Girls 1

Ages 5 to 7 years

Dance like your favorite pop stars! In this high-energy, age appropriate class, girls will learn fun hip-hop techniques and combinations, danced to their favorite music. Hip Hop is a popular, energetic pop style version of urban street dance. Learn the latest moves to “today’s” (clean version) of music. Build self-esteem, enhance your coordination and stay fit! Wear loose clothing and tennis shoes please!

Location: NKCC • 6 weeks • No class 11/27

Resident \$42 / Non-Resident \$50

Wed	3:30–4:15pm	Sept 11–Oct 16	40136
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Wed	3:30–4:15pm	Oct 30–Dec 11	40137
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Wed	3:30–4:15pm	Jan 8–Feb 12	40138
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Wed	3:30–4:15pm	Feb 26–Apr 2	40139
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Hip Hop Boys 1

Ages 5 to 7 years

Boys can benefit from dance and the concentration and strength that dance builds. These classes are designed to encourage athleticism. Boys process new information in a different way than girls and will feel more comfortable and accomplished in an environment that is designed just for them. Learn to express yourself through music and dance, using the dynamic dance style of hip hop, a dance form that focuses on the hip hop culture, music attitude, style and funk just for boys.

Wear loose clothing and tennis shoes please!

Location: NKCC • 6 weeks • No class 11/27

Resident \$42 / Non-Resident \$50

Wed	4:20–5:05pm	Sept 11–Oct 16	40446
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Wed	4:20–5:05pm	Oct 30–Dec 11	40447
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Wed	4:20–5:05pm	Jan 8–Feb 12	40448
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Wed	4:20–5:05pm	Feb 26–Apr 2	40449
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Hip Hop 2

Ages 8 to 10 years

Hip Hop is a popular energetic pop style version of urban street dance. In this class you will learn the latest moves to “today’s” music while you build self-esteem, enhance your coordination and stay fit! Wear loose clothing and tennis shoes please!

Location: NKCC • 6 weeks • No class 11/27

Resident \$42 / Non-Resident \$50

Wed	5:15–6pm	Sept 11–Oct 16	40140
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Wed	5:15–6pm	Oct 30–Dec 11	40141
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Wed	5:15–6pm	Jan 8–Feb 12	40142
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Wed	5:15–6pm	Feb 26–Apr 2	40143
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THRILLER

AGES 8 TO ADULT!

Channel your inner zombie by learning the famous Michael Jackson dance that took the world by storm, better known as THRILLER! Then join our friends at the Redmond Town Center on October 26 for the Eastside Zombie Party, an event fundraiser for Second Story Repertory Theatre.

Location: NKCC • 5 weeks
Resident \$15 / Non-Resident \$18
+ 1 can of food each week to support Kirkland Hopelink

Registration #40144

SUNDAYS • 1-3:15 PM
SEPT 22-OCT 20

Cheerleading

Cheerleading

Ages 5 to 8 years

With our Cheer Coach's help your child will learn cheers, chants and dances geared to their level. New routines each session. Parents may join us on the last day of class to see what we have learned. Wear loose comfortable clothing and tennis shoes.

Location: NKCC

6 weeks No class 11/11
 Resident \$42 / Non-Resident \$50

Mon	4-4:45pm	Sept 16-Oct 21	40151
Mon	4-4:45pm	Nov 4-Dec 16	40154

5 weeks No class 1/20
 Resident \$35 / Non-Resident \$42

Mon	4-4:45pm	Jan 6-Feb 10	40155
Mon	4-4:45pm	Mar 3-31	40156

For Pee Wee Cheerleading
 ages 3-5, see page 21

Rhythmic Gymnastics

Kirkland Parks teams up with La Luna Rhythmic Gymnastics Academy to bring this beautiful Olympic sport of Rhythmic Gymnastics to the Kirkland community. These introductory classes are offered in a safe, friendly, new studio in your neighborhood. Rhythmic Gymnastics combines the grace and beauty of ballet and creative movement with music. Participants perform athletic tricks with ribbons, balls, hoops, ropes and clubs. Self esteem, discipline, flexibility, dance and artistry, concentration, eye/hand coordination, and aerobic exercise are some of the benefits of this unique sport. Gymnasts learn the basic positions of ballet and do routines with music.

Instructor Arzu Karaali has trained athletes for National and International competitions and has worked with athletes as a choreographer for the 1996 Olympic Games in Atlanta. She was selected seven times "Best Choreographer of the Year" in Washington and was awarded "Coach of the Year" three times by the USA Gymnastics Federation in Region 2. Location: La Luna Gym, 11251 120th Ave NE Ste #150, Kirkland, WA 98033. www.lalunagym.com

Rhythmic Gymnastics Level 1 Beginners

Girls Ages 6 to 8 years

This class will introduce students to ballet preparations, conditioning, and basic study of Rhythmic Gymnastics apparatus. Learn simple routines using hoop, ball, and rope. Gymnasts in this class could be invited to participate in the Academy's performances and exhibitions.

Gymnastics leotard required, bare feet or socks ok.
 Location: La Luna Gym, 11251 120th Ave NE Suite 150, Kirkland

1 hour class 12 weeks • No class 11/27
 Resident \$120 / Non-Resident \$144

Wed	6-7pm	Sept 11-Dec 4	40089
Wed	6-7pm	Jan 15-Apr 2	40099

1½ hour class 12 weeks • No class 11/30
 Resident \$162 / Non-Resident \$194

Sat	1-2:30pm	Sept 14-Dec 7	40093
Sat	1-2:30pm	Jan 18-Apr 5	40100

For Rhythmic Gymnastics
 ages 4-5, see page 22

Ice Skating

Our professional learn-to-skate staff will teach a progression of skills to ensure safety and provide an understanding of the basic fundamentals of ice skating. Whether you are a beginner or would like to enhance your present skill level, we encourage children and adults to join. Students will be divided into their skill level and age level. Skates will be provided and helmets are highly recommended.

Classes will be held at Kingsgate Arena; 14326 124th Ave NE, Kirkland WA 98034. Classes will include 30 minutes of professional instruction and 30 minutes of practice/free skating time. Last day of class is "bring a buddy for free day." Skates will be provided for your buddy. Registration deadline is: one week prior to start of first class. Please arrive ½ hour before class to get skates on. Please wear warm clothes, jacket and gloves.

FALL

Ages 5 to Adult 7 weeks
 Resident \$120 / Non-Resident \$144

Mon	6-7pm	Sept 9-Oct 21	40368
Fri	6-7pm	Oct 11-Nov 22	40372
Mon	6-7pm	Nov 4-Dec 16	40369

Ages 4 to Adult 7 weeks
 Resident \$120 / Non-Resident \$144

Tue	10:45-11:45am	Sept 10-Oct 22	40370
Tue	10:45-11:45am	Nov 5-Dec 17	40371

WINTER

Ages 5 to Adult 7 weeks
 Resident \$125 / Non-Resident \$150

Mon	6-7pm	Jan 6-Feb 17	40373
Fri	6-7pm	Jan 10-Feb 21	40377
Mon	6-7pm	Feb 24-Apr 7	40374
Fri	6-7pm	Feb 28-Apr 11	40378

Ages 4 to Adult 7 weeks
 Resident \$125 / Non-Resident \$150

Tue	10:45-11:45am	Jan 7-Feb 18	40375
Tue	10:45-11:45am	Feb 25-Apr 8	40376





Youth Ice Hockey

Youth Ice Hockey 1: Learn to Skate

Ages 4 to 13 years

NEW! The focus and goal of Hockey 1 is to teach beginner ice skaters the fundamentals of ice skating. Players will become comfortable on the ice; learn the basic hockey stance, stride, knee bend, use of edges and how to hold a stick before moving onto Hockey 2: Learn to Play. Proper skating techniques are the primary focus of the levels. Skaters will learn the necessary ice skating fundamentals to be successful in Hockey 2 Learn to Play.

Class will be held at Kingsgate Arena; 14326 124th Ave NE Kirkland, WA 98034 • Equipment required: (Please note below equipment can be rented) helmets, stick, gloves rental available with registration • Series Length: 6 week series, one class a week • Registration deadline: one week prior to start of first class • Prerequisite: N/A (new skaters welcome) • No class on 12/21, 12/28, 1/18 or 4/19

Class Fee with NO Rental Equipment \$110.00

Sat	8:10–9:10am	Sept 7–Oct 12	40183
Sat	8:10–9:10am	Oct 19–Nov 23	40184
Sat	8:10–9:10am	Dec 7–Feb 1	40185
Sat	8:10–9:10am	Feb 22–Mar 29	40186
Sat	8:10–9:10am	Apr 5–May 17	40187

Class Fee WITH Rental Equipment \$125.00

Sat	8:10–9:10am	Sept 7–Oct 12	40379
Sat	8:10–9:10am	Oct 19–Nov 23	40380
Sat	8:10–9:10am	Dec 7–Feb 1	40381
Sat	8:10–9:10am	Feb 22–Mar 29	40382
Sat	8:10–9:10am	Apr 5–May 17	40383

Ice Hockey 2: Learn to Play

Ages 4 to 13 years

NEW! Hockey 2 is ideal for boys and girls that have either taken Hockey 1 or have basic skating skills and are ready to move onto a full hockey curriculum.

The program focuses on the fundamental skating and stick-handling skills used in games, in addition to improving each player's balance, agility and control. Practices will include stations that teach a variety of skills including stopping, turning, and skating backwards as well as stick handling, passing, and shooting. A fun and encouraging environment will be maintained with an emphasis on teaching through drills and scrimmages. Players get the opportunity to play in game situations. Players are in FULL hockey gear for this class. Course fee includes jersey, distributed mid-season, and end of the year award.

Class will be held at Kingsgate Arena; 14326 124th Ave NE Kirkland, WA 98034 • Equipment required: (Please note below equipment can be rented) Full hockey equipment required (equipment rental available at Kingsgate Arena)

• Series Length: 16 week program, one hour class held on Saturdays in Kirkland • Prerequisite and Requirements: Hockey 1 or basic ice skating skills • Players must be registered with USA Hockey and will be given instructions on how to do so prior to the 1st day of class • Annual membership cost is \$49.00 for ages 7 and up • There is no fee for 6 years and younger • The registration is required for insurance purposes and is active for the whole 2013–2014 season • No class 11/30, 12/1, 12/21, 12/28, 1/18 • Registration deadline: one week prior to start of first class

Class Fee with NO Rental Equipment \$195.00

Sat	8:10–9:10am	Oct 5–Feb 22	40189
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Class Fee WITH Rental Equipment \$270.00

Sat	8:10–9:10am	Oct 5–Feb 22	40385
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Soccer

UK Elite Feet Soccer Academy

UK Elite offer the best possible professional training for players aged 7–13. Players are divided into groups that match our age-specific curriculum. Older players will learn tactical and functional aspects of soccer while the younger ages will have access to the best possible skill building, fundamental training.

Participants must wear shin guards • Cleats are recommended

*Location: Juanita Beach Park, 9703 NE Juanita Drive
Resident \$100 / Non-Resident \$120*

COED: Ages 7 to 9 years

Sat	10–11:30am	Sept 7–Oct 19	40435
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COED: Ages 10 to 13 years

Sat	11:30am–1pm	Sept 7–Oct 19	40436
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Martial Arts

Bully Proof Martial Arts Program

Ages 7 to 12 years

Teach your kids to stand up for themselves! “I’m giving them the courage-and the permission to be loud with someone who’s physically threatening them” said Korbett Miller of Miller Martial Arts Academy as quoted in an anti-bullying article on www.moms.today.msnbc.msn.com. He teaches what he preaches by showing students how to set verbal boundaries, what to say, when and how to say it. Class incorporates martial arts to build self esteem and give students alternatives to solving conflict. Students will also earn their White Belt at the end of the program.

*Location: Miller's Martial Arts Academy 8920 122nd Ave NE, Kirkland • Instructor: Korbett Miller • 8 weeks
Resident \$57 / Non-Resident \$68*

Sat	9:45–10:30am	Sept 14–Nov 2	40130
Sat	9:45–10:30am	Jan 11–Mar 1	40131

2013
2014

YOUTH Basketball League

This league focuses on basketball skill development, teamwork, and having fun as well as broadens “winning” to include enjoyment of the sport, creating friendships, and the learning of new skills.

Questions about the league visit:

www.kirklandwa.gov/youthathletics or call 425.587.3360

Volunteer Coaches Needed For Each Team!!

Please see information below.

Youth Basketball League Information

The season begins the week of Dec. 2. Coaches will contact players by phone at least 1 week prior to the beginning of season. The coach will be providing you with information about your practices time and location.

Volunteer Coaches Needed

Volunteer coaches are needed for each team in the league. Volunteer application will be accepted beginning August 19, 2013 and are available online at www.kirklandwa.gov/youthathletics. No prior basketball experience is necessary. We handle volunteer application on a first come first serve basis; therefore, getting your application turned in ASAP is crucial. All coaches must pass a background check. If no one volunteers to coach your team then KPCS staff will contact individual parents from your team roster to recruit a coach.

Mandatory Coaches Meeting

The coaches' meeting is Saturday, November 16th from 8:30am to 10am. The meeting is designed to provide valuable information about the league. The meeting will be held at the Peter Kirk Community Center.

NYSCA Training

New Coaches to the league will be registered for an on-line coaches training at www.nays.org/nyscaonline/ and will need to be completed prior to the first day of practice. Returning coaches will need to recertify at the coaches meeting.

How are teams formed?

The KPCS uses the following procedure to create teams for 3rd, 4th, 5th Grade Girls and Boys.

1. Registration is taken on a first come, first served basis.
2. Children are placed on the roster for the school they attend, their grade which they are registered for and their gender. The first 10 registered form the first team, the next 10 registered form the second team, and so on; If necessary, children from schools in close geographical proximity will be placed together to fulfill roster requirements; due to not enough or too many kids registered from their home school.
3. Children from private schools or home school will be placed on a roster of the public school they would attend in their neighborhood if they did not attend a private school / home school.

The KPCS uses the following procedure to create teams for 6th Grade Girls and Boys.

1. Registration is taken on a first come, first served basis.
2. 6th grade boys and girls will register for the middle school which they attend and their gender. On the first day of practice, teams will be formed, based on the number of players registered. All registered players will be placed on a team. Dependent on registration numbers, it is possible that 5th and 6th grade be combined to form a league, ex. 5th/6th Girls and/or 5th/6th Boys
3. Children from private schools or home school will be placed on a roster of the public school they would attend in their neighborhood if they did not attend a private school / home school.

Requests

Kirkland Parks and Community Services do not take requests for specific teams or coaches.

Games

Games will begin Saturday, January 11, 2014. KPCS youth basketball games are played on Saturdays, 1/11, 1/18, 1/25, 2/1, 2/8, 2/22, 3/1, and 3/8 between 8am–5pm. March 15 will be a makeup game weekend if games are cancelled due to weather. No games will be played 2/15. Teams may have double headers and/or BYE weekends. Game schedule will be posted in mid-December at www.kirklandwa.gov/youthathletics

Practices

Teams begin practicing the week of December 2nd. Teams will practice twice a week. Practice start times range from 5:00pm to 8:00pm and may be on any weekday.

Uniforms

Uniforms are provided by the generosity of Land O' Frost and will be handed out by coaches before the first game.

Snow/Rain

Please call 425.587.3335 during inclement weather to ensure games are being played.

	BOYS				GIRLS			
School	3RD	4TH	5TH	6TH	3RD	4TH	5TH	6th
AG Bell	39619	39631	39646		39580	39593	39606	
Franklin	39620	39632	39647		39581	39594	39607	
Sandburg	39621	39633	39648		39582	39595	69608	
Thoreau	39622	39634	39649		39583	39596	39609	
Keller	39623	39635	39650		39584	39597	39610	
Muir	39624	39636	39651		39585	39598	39611	
Juanita	39625	39637	39652		39586	39599	39612	
Lakeview	39626	39638	39653		39587	39600	39613	
Twain	39627	39639	39654		39588	39601	39614	
Peter Kirk	39628	39640	39655		39589	39602	39615	
Frost	39629	39641	39656		39590	39603	39616	
Rose Hill	39645	39642	39657		39591	39604	39617	
Holy Family	39630	39643	39658		39592	39605	39618	
Kirkland Middle				39659				39663
Kamiakin Middle				39660				39664
Finn Hill Middle				39661				39665
Rose Hill Middle				39662				39666

Fee \$92.00 plus tax (No Non-Residency Fee)

Registration Deadlines: October 25th, 2013

Registration after October 25th will be accepted on a space available basis and is only available by calling 425.587.3336.

To register: www.kirklandparks.net
or call 425.587.3336

Refund Policy

Refunds/credits, less a \$10 administrative fee, are granted if request is made on or before November 25th. Withdrawals requested between November 26th and December 1st will result in a credit/refund of 50% of the registration fee, less a \$10.00 administrative fee. No refund/credit will be issued on or after December 2nd.

Note

Basketball leagues for grades K–2 and 7–9 are run through the Kirkland Boys and Girls Club at 425.827.0132.



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FOR YOUR **BODY** * FOR YOUR **HEALTH** * FOR YOUR **SELF**

youth & teen Move it!

Teen Move It! Quarterly Fitness Pass: One pass gives you unlimited number of classes.
Look for your age group in the chart below.



If after-school sports isn't your thing, here's your opportunity to build confidence and strength in a positive social environment. This program focuses on exercises that will benefit both guys and girls with plenty of options given to inspire the beginner to train up to the advanced. This program isn't about losing weight or learning dance steps. It's about making a choice to work physical activity into your daily routine to live a healthy, happy life. This program is a sure bet to feeling better and stronger, getting better sleep, and having more energy and focus, which can only lead to better grades too.

TEEN POWER FIT MON // WED

Think "P90X" style for kids. Incorporating cardio and plyometrics with isometrics and body-weight bearing exercises. This class will offer a challenge to all levels that will focus on reaching the next level of conditioning to build strength and endurance quickly... guaranteed to improve any score on the state physical fitness standards test.

TEEN YOGA TUE // THUR

With all the pressures of today's school environment, this program is offered to learn focus, meditation and breathing techniques while gaining strength and flexibility. Building long lean muscles through yoga is one of the best ways to maintain a healthy active life without all the aches and pains that come with stress, weight gain and age.

Look for your age group in the charts below.

A minimum number of registrants is required to operate this program.

MIDDLE SCHOOL Ages 11-14

FALL PASS: Sept 9-Dec 19 #40455 • 14 weeks • R \$75 / NR \$90 No class 11/11, 11/25-30, 12/13	WINTER PASS: Jan 6-Mar 27 #40456 • 12 weeks • R \$65 / NR \$78 No class 1/20, 2/17
MON Power Fit 4:15-5pm	MON Power Fit 4:15-5pm
TUE Yoga 4:15-5pm	TUE Yoga 4:15-5pm
WED Power Fit 4:15-5pm	WED Power Fit 4:15-5pm
THUR Yoga 4:15-5pm	THUR Yoga 4:15-5pm

HIGH SCHOOL Ages 14-18

FALL PASS: Sept 9-Dec 19 #40457 • 14 weeks • R \$75 / NR \$90 No class 11/11, 11/25-30, 12/13	WINTER PASS: Jan 6-Mar 27 #40458 • 12 weeks • R \$65 / NR \$78 No class 1/20, 2/17
MON Power Fit 3:15-4pm	MON Power Fit 3:15-4pm
TUE Yoga 3:15-4pm	TUE Yoga 3:15-4pm
WED Power Fit 3:15-4pm	WED Power Fit 3:15-4pm
THUR Yoga 3:15-4pm	THUR Yoga 3:15-4pm

Mini-Grant Program

The City of Kirkland offers a mini-grant program for teen related programs and services. The purpose of these grants is to provide short-term, limited funding for Kirkland youth and community groups for projects, activities, events, and training. Members of the Kirkland Youth Council review the grants three times every year (around the 15th of October, January, and April). So if you have a school dance, training, or special event coming up and are in need of some \$\$, call 425.587.3323 or contact us via email at rschubig@kirklandwa.gov.

Community Service Opportunities

Are you a teen in need of community service hours? Want to spend your volunteer time doing something you like? There are all sorts of ways to earn these hours and help your local community in the process! The "Where to Care Guide" is a teen specific comprehensive guide to volunteering on the Eastside. Opportunities are listed by area of interest and show all basic information on listed organizations. **The guide book was updated last year, http://www.ci.kirkland.wa.us/__shared/assets/Where_To_Care_Guide1754.pdf. You can also request a guide by calling 425.587.3323.**

Teen Traffic Court

Have you or someone you know just been given a traffic ticket by a Kirkland cop? Do you want it taken off your record? The Kirkland Youth Council, in cooperation with Kirkland Municipal Court, runs the monthly Teen Traffic Court (TTC) program. TTC offers teens the opportunity to have moving violations heard in front of a judge and jury of their peers. Teens that have been issued a notice of infraction by jurisdictions served by Kirkland Municipal Court (Clyde Hill, Hunts Point, Yarrow Point, and Kirkland) are eligible for the program. Once the assigned penalty has been completed, the ticket is removed from the person's driving record. To sign up for TTC, eligible students must file a request in person at the Kirkland Municipal Court (11515 NE 118th Street). Teens must complete a registration form and provide student ID at the Court. **For questions, please call the Kirkland Municipal Court, 425.587.3160 or Kirkland Youth Services, 425.587.3323.**

We've Got Issues Video

Have you seen the Kirkland Youth Council's video program, "We've Got Issues", recently? This is a video program that is hosted, edited, filmed, and produced, by teens for teens. "We've Got Issues" has been airing on our local access channel, KGOV Channel 21 for several years. Programs have addressed topics such as youth and police relations, dating violence, domestic abuse, teen stress, drinking and driving, teen parties, pedestrian safety and going green. If you are interested in helping us with one of our topics or have a program idea, **please contact us at our email address, kyc@kirklandwa.gov, or by phone at 425.587.3323.**

Get involved! Participate in local city government issues. Make a difference while participating in many diverse service projects.

COME JOIN THE KIRKLAND

YOUTH COUNCIL



The Kirkland Youth Council is a group of about 40 teens representing all the Middle and High Schools in Kirkland as well as private and homeschooled students. Each member of the Youth Council has the responsibility of representing their school, social and cultural group, the City, as well as the youth of Kirkland to the City Council and other local government groups.

WE ARE RECRUITING TEENS FROM THE FOLLOWING SCHOOLS:

- > Juanita High
- > Lake Washington High
- > Emerson High
- > International Community School
- > Finn Hill Middle
- > Kamiakin Middle
- > Kirkland Middle
- > Rose Hill Middle
- > Environmental and Adventure School
- > Northstar Middle
- > Homeschooled/ Emerson K-12
- > Non-schooled
- > Private School (Kirkland Residents)

GET YOUR KYC APPLICATIONS IN! DUE SEPTEMBER 27, 2013

Apply on-line at:
http://www.kirklandwa.gov/depart/parks/Youth_Services/Youth_Council/Youth_Council_App.htm

For more information or to request an application form, please contact us at

**425.587.3323 OR
KYC@KIRKLANDWA.GOV**

2013-2014





KIRKLAND TEEN

CLASSES

**348 Kirkland Ave
Kirkland, WA 98033
425.822.3088 • ktub.org**

Through the Kirkland Teen Union Building, the Y strives to meet and exceed the social and cultural needs of young people while offering resources that empower them to become active, caring and responsible community members. As a recreation, resource and arts center, this unique facility gives teens a positive, supportive environment to develop their skills, connect with their peers and make a difference locally.

Fall & Winter Hours

Tuesday & Thursday 3-8 pm
Wednesday 1-8 pm
Friday 3-9pm / 3-11pm for concerts
Saturday 4-8pm / 4-11pm for concerts

Resource Partners

Youth Eastside Services (Y.E.S.)

A Y.E.S. professional is on-site over 4 days a week to provide FREE counseling and resource referrals to youth in need. Whether youth are seeking resources or just need to vent about the stresses of life, our Y.E.S. staff is here to help. Youth can drop in during our normal hours or schedule an appointment by emailing katel@youtheastside-services.org.

Friends of Youth, Outreach

Outreach can help homeless youth with emergency shelter, transitional living programs, food, clothing, pregnancy issues, education, legal assistance, parenting resources, counseling, and other ongoing support and advocacy needs. Youth can either work with KTUB staff to connect with a case manager or call directly at 425.298.4846.

**Register at
www.ktub.org**

KTUB also offers a regular schedule of classes with special offerings throughout the year. Programs range from yoga to fashion design to gardening. While some of our classes have small joining fees, we always strive to make rates affordable and make scholarships available. Because many of our programs are based on youth voice and input, we are constantly adding new and exciting options. *For most up to date information visit our website at www.ktub.org or email programs@ktub.org.*



Arts and Media

Silk Screening

It's time to be your own fashion designer and leave the others behind. Turn any computer generated or hand drawn image into a vibrant fashion statement. In a band? Come learn how to create your own merch to sell at shows. We'll walk you through prepping a screen, setting the image and making a design that will last longer than the Rolling Stones.

Youth Institute

This year-round program utilizes technology as an engagement tool to increase social, academic and workforce skills. Using the most cutting-edge and highest level technology and software participants learn about and create their own digital music, videos, magazines, graphic designs, and edit their photography. During the summer an 8-week structured program allows youth to apply for the chance to complete and earn an academic stipend. During the school year, a more casual structure allows them to seek homework help, work on individual projects, and explore new techniques. Participants in this program emerge with improved confidence, academics, and industry level technology skills.

Recreation

Chill

Burton's Chill Snowboarding program is a six week program that uses snowboarding to teach life skills and increase self-esteem all while participating in a new and exciting outdoor experience. CHILL is for first time learners and provides everything from transportation, to gear, lift tickets, and coaching at NO COST to the participant! This is one of KTUB's most popular and longest running programs!

Music and Cafe

One Song, One Chance

Back for the THIRD year! This incredible contest will be held in October giving even more talented young musicians the chance to win a band development deal. Winners receive studio time, mentorship, concerts, promotions, marketing tools, merchandise, CD's and more! This truly unique program will produce artists that are ready for the next level of the music industry. For the most up to date information on this contest and program, *find us on Facebook or go to KTUB.org.*



Cafe

The KTUB CAFÉ 321 Training Program is a 6 week program that incorporates active training in coffee making and soft skills. This training program is designed to teach teens the skills required to work at a local service establishment. This program provides a chance to improve and learn new skills needed to carry you over to the professional job world. You will be required to complete a demanding checklist of drink recipes and skill sets. Upon completion of course, participants will receive a professional reference, written recommendation of employment, interview practice, and a Food Handlers card.

UNION BUILDING

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Open Mic

Are you a young singer, songwriter, or poet? Join KTUB for a relaxed night of music, expression, coffee, and community. **Mark your calendar for the 1st Friday of Every Month.**

Producers Club

Producer's Club is a new opportunity for electronic musicians to gather and hone their craft. Topics range from songwriting and production to mixing and mastering your tracks. We invite all skill levels and genres to come, share songs, and learn techniques to improve your music as well as your mix. **Drop in every Tuesday • Meetings last Tuesday of the Month**

Music Internships

This full academic year program allows a young team of musicians to learn booking, promotions, music business, sound engineering, event management and more. They take a lead role in the music department developing and working with young artists, adding new and exciting events and genres of music, and walk away with valuable skills as well as resume enhancing leadership and community service hours. **Contact KTUB for an application.**



LEADERSHIP & SERVICE

Teen Feedback

This Youth Advisory Board is a great way to be involved and enhance your leadership and service qualifications. With representation from the teen leaders in the arts, music, café, and youth for diversity programs at KTUB, we are seeking youth from diverse backgrounds, schools, and interests to lend their voice and energy to creating the teen culture and opportunities they want to see. With leadership seminars and trainings, fields trips, and special events, Teen Feedback is the engine running KTUB and our young vibrant community. **Contact programs@ktub.org for your application.**

Youth for Diversity Program (YDP)

YDP is a cross-cultural youth program that allows them to explore their values and beliefs, gain knowledge about world cultures, and develop skills to incorporate in school, work and life. Through a combination of active dialogue, field trips and intercultural experiences, YDP offers a safe space for teen to explore as well as gain diversity and cultural competency. Teens watch foreign movies, learn about music and dance, experience regional arts and craft, and with the help of our special guests, cook up some International delicacies. As part of a YMCA Global Excellence Branch, members of YDP will be eligible for participation regional and international trips.

Teen Service Program

Want to help in the community? Need service hours? We have many volunteer projects both at KTUB as well as partnering with groups and agencies in the local community. Whether is packaging meals to send to hungry children abroad or a park clean-up, we've got something for every interest. We also encourage and support your new service project ideas. **Come join us in making a difference.**



RESOURCES

Teen Feed

Teen Feed is a FREE meal program offered at KTUB every Friday night at 6:00 PM and open to all young people between the ages of 13-22. While the primary goal of this program is to meet a basic need by providing teens with a well-balanced meal, Teen Feed also strives to collaborate with local groups and organizations to build community, create a culture of social responsibility, and to promote healthy living principles.

Y.E.S. Counseling Services

Life can be stressful! Whether you just need to drop-in and chat or would like to schedule a FREE counseling appointment, KTUB is available. **Youth Eastside Services has a counselor at KTUB Tuesday through Thursday from 3:00–7:00pm.**



DROP IN

Anyone between the ages of 13 and 18 is welcome at KTUB during our open hours of operation. Play pool or video games, or check your email in the Technology Lab. We have many planned and spur-of-the-moment activities from cooking classes to occasional field trips. Drop-In Activities Include: Art Club, Music Exploration, Open Mic, Career Services, Leadership, Recreation, Video Technology, and more.

Email
programs@ktub.org

Specialized Recreation

Come in costume for an evening of fun, dancing,
and socializing with your friends!

halloween spooktacular Saturday, October 26 5:30-8:00pm dance

\$1 per person at the door • Caretakers are free

North Kirkland Community Center
12421 103rd Ave NE, Kirkland, WA 98034

Volunteers welcome!
Snacks & punch provided.

PREREGISTER

Please preregister by calling
or emailing with the number
attending 2 weeks in advance.

RSVP or Questions:

Maureen@friendshipadventures.org
or call 425.444.3132 or 360.668.3840

Friendship Adventures is an all volunteer non-profit organization dedicated to enriching the lives of people with developmental disabilities by social, recreational, and educational activities in a safe, engaging environment building confidence and interpersonal skills

UPCOMING EVENTS

Valentines "Sweetheart Dance"

Saturday • February 15, 2014
5:30-8:00pm • \$1.00

Bingo Night

Saturday • March 8, 2014
6-8:30pm • \$5.00

Join Bellevue Highland Community Center Classes!

Kirkland and Bellevue Parks and Community Services Departments have joined forces to provide quality programming and staffing for persons with disabilities. We are assisting with sponsorships for Highland Center's popular programs. Kirkland residents will have an opportunity to enroll in programs at the same time Bellevue residents do!

Classes are held at the Bellevue Highland Center
14224 Bel-Red Road, Bellevue.

For programs and registration information
call the Highland Center, 425.452.7686

Sign up early – classes fill quickly!



Partner Dancing. Great fun & exercise... no partner required to join in!

Dance Like the Stars!

Location: North Kirkland Community Center

Adults & Teens, Couples & Singles Welcome! Professional Certified Instructor: Lynn Cross

West Coast Swing

West Coast Swing: Level 1

Contemporary, modern, stylish swing—the most music friendly & versatile of all partner dances! Solid foundational patterns and techniques make learning this dance a simple, logical & fun experience.

No experience needed! • All Ability Levels Welcome!
5 weeks • Resident \$54 / Non-Resident \$65

Tue	7:30–8:30pm	Sept 10–Oct 8	40219
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West Coast Swing: Level 2

Popular pattern variations and enhanced partnering techniques add more fun and boost your swing skills and confidence!

Prerequisite: Level 1, equivalent experience, or instructor permission • 5 weeks • Resident \$54 / Non-Resident \$65

Tue	7:30–8:30pm	Oct 15–Nov 12	40220
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West Coast Swing: Level 3

Add styling and personality to your Swing with progressed pattern variations and playful partnering moves!

Prerequisite: Levels 1 & 2, equiv. experience, or instructor permission • 3 weeks • Resident \$33 / Non-Resident \$39

Tue	7:30–8:30pm	Nov 19–Dec 3	40221
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Night Club Two Step

Night Club Two Step: Level 1

Romantic dancing at its finest—a dreamy dance for easy-listening, soft-rock love songs played at parties, night clubs, weddings, on cruise ships, and at many local dances. Easy leading, following and turning techniques included.

No experience needed! • 5 weeks
Resident \$54 / Non-Resident \$65

Tue	8:30–9:30pm	Sept 10–Oct 8	40222
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Night Club Two Step: Level 2

Continue to develop your romantic side with simple pattern variations and partnering techniques.

Prerequisite: Level 1, equivalent experience, or instructor permission • 5 weeks • Resident \$54 / Non-Resident \$65

Tue	8:30–9:30pm	Oct 15–Nov 12	40223
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Night Club Two Step: Level 3

Take romantic dancing up another notch while you float across the dance floor using intriguing new patterns, partnering techniques, and styling variations.

Prerequisite: Levels 1 & 2, equiv. experience, or instructor permission • 3 weeks • Resident \$33 / Non-Res. \$39

Tue	8:30–9:30pm	Nov 19–Dec 3	40224
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Ballroom Favorites

Ballroom Favorites: Level 1

Basics and simple variations of the ever-popular and always-in-style classics: Romantic Waltz, Smooth Fox Trot, Lively Jitterbug Swing, and a bit of Sensual Tango.

No experience needed! • 5 weeks
Resident \$54 / Non-Resident \$65

Tue	7:30–8:30pm	Jan 7–Feb 4	40225
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Ballroom Favorites: Level 2

Gain comfort and confidence with leading and following as you learn new and pleasing pattern variations in Waltz, Fox Trot, Jitterbug Swing and Tango.

Prerequisite: Level 1, equivalent experience, or instructor permission • 5 weeks • Resident \$54 / Non-Resident \$65

Tue	7:30–8:30pm	Feb 11–Mar 11	40226
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Ballroom Favorites: Level 3

Polish your styling and add some flair to your dancing! Learn exciting patterns like Pivots, Parallels, Sways, Dips & more!

Prerequisite: Levels 1 & 2, equiv. experience or instructor permission • 3 weeks • Resident \$33 / Non-Resident \$39

Tue	7:30–8:30	Mar 18–Apr 1	40227
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Salsa

Salsa: Level 1

EZ Latin! This popular Latin dance will boost your energy level. Connect to the Latin beat with easy leading and following techniques and fun—but simple—patterns! Energetic fun for winter evenings!

No experience needed! • 5 weeks
Resident \$54 / Non-Resident \$65

Tue	8:30–9:30pm	Jan 7–Feb 4	40228
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Salsa: Level 2

Salsa moves become more comfortable and automatic with new patterns and styling variations plus some Latin hip action.

Prerequisite: Level 1, equivalent experience, or instructor permission • 5 weeks • Resident \$54 / Non-Resident \$65

Tue	8:30–9:30pm	Feb 11–Mar 11	40229
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Salsa: Level 3

Make your Salsa sizzle with Double Turns, Spins, and more hip action! The right techniques make it simple!

Prerequisite: Levels 1 & 2, equiv. experience, or instructor permission • 3 weeks • Resident \$33 / Non-Resident \$39

Tue	8:30–9:30pm	Mar 18–Apr 1	40230
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Hula Dance

Hula is for everyone, it's a great way to stay in shape and have fun while dancing. Hula works the entire body and also engages the mind. It is a unique blend of balance, motion, and mental concentration. Hula will lift your spirits and give you an energy boost.



Beginning Hula For Adults

This class will concentrate on the basic foot and hand motions as you experience the Hawaiian culture and Spirit of Aloha. Both ancient (Hula Kahiko) and modern (Hula 'auana) will be taught.

Wear comfortable clothing (shorts or pants and T-shirts) — NO JEANS PLEASE! Instructor: Jeanne Makanaokalani Porter • Location: NKCC • 10 weeks • No class 9/18 Resident \$100 / Non-Resident \$120

Wed	6:30–7:15pm	Sept 11–Nov 20	40205
Wed	6:30–7:15pm	Jan 15–Mar 19	40206

Intermediate Hula

For those with hula experience and an understanding of the basic steps. This fast-paced class will introduce hula implements such as ipu, uli'uli, 'ili'ili, pu'ili. Both Kahiko and 'auana will be taught along with a focus on general technique. Some Hawaiian language taught as it pertains to hula, along with lyrics and the background of every dance learned. Optional public performances.

Wear a pa'u skirt if you have one, otherwise comfortable clothing — NO JEANS PLEASE!

*Instructor: Jeanne Makanaokalani Porter
Location: NKCC • 10 weeks • No class 9/18
Resident \$100 / Non-Resident \$120*

Wed	7:15–8:15pm	Sept 11–Nov 20	40207
Wed	7:15–8:15pm	Jan 15–Mar 19	40208

Advanced Hula

Advanced Hula is for the dancer with a more extensive hula background. The hula basics are reviewed as we continue on to more difficult, involved hulas, both Kahiko (ancient) and 'auana (modern). There's a continuing focus on technique and performance skills. There will be public performances.

Wear a pa'u skirt — NO JEANS PLEASE!

*Instructor: Jeanne Makanaokalani Porter
Location: NKCC • 10 weeks • No class 9/18
Resident \$100 / Non-Resident \$120*

Wed	8:15–9:15pm	Sept 11–Nov 20	40209
Wed	8:15–9:15pm	Jan 15–Mar 19	40210



Belly Dance

Shimmy and Sway – Beginning Belly Dance

Ages 17 to adult

Begin your transformation! Belly dance isolates and works your abs, hips, tummy, and arms. It increases flexibility, and improves posture as it tightens and tones. In this class we welcome and appreciate all shapes and sizes, so tie a scarf around your hips and get ready to shimmy and sway to the sensual dance of Egyptian Cabaret Belly dance.

Please bring bottled water and a long scarf to tie around the hips • Instructor: Josette Minaglia 'Athena' Location: NKCC

7 weeks Resident \$70 / Non-Resident \$84

Tue	6:40–7:40pm	Sept 10–Oct 22	40211
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8 weeks Resident \$80 / Non-Resident \$96

Tue	6:40–7:40pm	Oct 29–Dec 17	40212
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6 weeks Resident \$60 / Non-Resident \$72

Tue	6:40–7:40pm	Jan 7–Feb 11	40213
Tue	6:40–7:40pm	Feb 25–Apr 1	40214

Advanced Belly Dance

Ages 18 to adult

This class illustrates techniques for solo and troupe performances along with costume designing. A combination of basic and advanced moves will be taught in a choreographed piece of music which will give students the finishing touch and personal style to their dance.

Please bring bottled water and a long scarf to tie around the hips.

Instructor: Josette Minaglia 'Athena' • Location: NKCC

7 weeks Resident \$70 / Non-Resident \$84

Tue	7:45–8:45pm	Sept 10–Oct 22	40215
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8 weeks Resident \$80 / Non-Resident \$96

Tue	7:45–8:45pm	Oct 29–Dec 17	40216
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6 weeks Resident \$60 / Non-Resident \$72

Tue	7:45–8:45pm	Jan 7–Feb 11	40217
Tue	7:45–8:45pm	Feb 25–Apr 1	40218

THRILLER

AGES 8 TO ADULT!

Channel your inner zombie by learning the famous Michael Jackson dance that took the world by storm, better known as THRILLER! Then join our friends at the Redmond Town Center on October 26 for the Eastside Zombie Party, an event fundraiser for Second Story Repertory Theatre.

Location: NKCC • 5 weeks
Resident \$15 / Non-Resident \$18
+ 1 can of food each week to support Kirkland Hopelink

Registration #40144

SUNDAYS • 1-3:15 PM
SEPT 22-OCT 20

Line Dance

Line Dancing is a great way to exercise your body and mind while meeting new friends and listening to some great music. This class includes basic line dancing for the beginner along with more challenging dances for the more advanced dancer. A new dance is taught at every class as well as reviewing previously taught dances. All abilities welcome! Join Joe in this fun and friendly class. No partner needed. This class will not be pro-rated.

Location: PKCC • Instructor: Joe Mraz • 6 classes
No class 9/24, 11/26, 12/24, 12/31& 3/4

Resident \$30 / Non-Resident \$36
Drop-In Rate Resident \$7 / Non-Resident \$8

Tue	10-11am	Sept 3-Oct 15	39687
Tue	10-11am	Oct 22-Dec 3	39688
Tue	10-11am	Dec 10-Jan 28	39689
Tue	10-11am	Feb 4-Mar 18	39690

Adult Ballet with Marco Carrabba

Instructor: Marco Carrabba, Ballet Master/Choreographer of Carrabba Dance Theatre, has a 20 year distinguished professional dance career and over 16 years experience teaching and choreographing ballets for students of all levels, as well as an extensive theater background. Dance companies include PNB, San Francisco, Boston, Stuttgart and Hamburg Ballet.

Ballet Basics

Have you always wanted to take a ballet class but something got in the way? Now that you have the time, do you feel like you're too old and it's too late! Here's the good news, it's never too late to learn ballet! No reason to be intimidated! This adult basic ballet class offers something for everyone from young adult to seniors and provides a fun way to tone and tighten your body while learning the fundamental techniques in a positive and supportive environment. Ballet develops balance, coordination, strength, stamina, self-confidence and body-centered awareness. This class is for those with little or no dance training but who want to embrace one of the most beautiful and graceful of all dance styles.

Location: PKCC • 6 classes
No class 11/11, 12/23, 12/30, & 1/20
Resident \$66 / Non-Resident \$79

Mon	6:15-7:15pm	Sept 16-Oct 21	40335
Mon	6:15-7:15pm	Oct 28-Dec 9	40336
Mon	6:15-7:15pm	Dec 16-Feb 20	40337
Mon	6:15-7:15pm	Feb 24-Mar 31	40338

Ballet: Open Level

Take your training to the next level. This class is for those who have had some ballet training and is a good additional class for a Basic or Intermediate level class. Emphasis is on improving technical strength and more movement. Students are encouraged to work at their own ability.

Location: PKCC • 6 classes
No class 11/27, 12/25, 12/30 & 1/1
Resident \$66 / Non-Resident \$79

Wed	6:15-7:15pm	Sept 11-Oct 16	40341
Wed	6:15-7:15pm	Oct 23-Dec 4	40342
Wed	6:15-7:15pm	Dec 11-Jan 29	40343
Wed	6:15-7:15pm	Feb 5-Mar 12	40344

Ballet Barre & Stretch **NEW!**

This class is designed to transform the body into one of equal balance, strength and flexibility. Barre classes blend together ballet barre, exercise and conditioning. Target each of your muscle groups and then stretch those muscles in a way that promotes long, lean growth instead of bulk.

Location: PKCC • 6 classes
No class 11/11, 11/27, 12/23, 12/25, 12/30, 1/1, & 1/20
Resident \$50 / Non-Resident \$60

Wed	5:20-6:05pm	Sept 11-Oct 16	40347
Mon	5:20-6:05pm	Sept 16-Oct 21	40348
Wed	5:20-6:05pm	Oct 23-Dec 4	40349
Mon	5:20-6:05pm	Oct 28-Dec 9	40350
Wed	5:20-6:05pm	Dec 11-Jan 29	40351
Mon	5:20-6:05pm	Dec 16-Feb 20	40352
Wed	5:20-6:05pm	Feb 5-Mar 12	40353
Mon	5:20-6:05pm	Feb 24-Mar 31	40354



Adult Sports

Ages 18 and up • For more information on our adult sport league offerings, log on to www.kirklandwa.gov/athletics or LIKE our Facebook page www.facebook.com/kirklandsportsleagues

Adult Volleyball Leagues

Come join the most competitive league on the Eastside! The season consists of 7 weeks of regular season play with two weeks of playoffs (one week guaranteed). Games are played at either Emerson High School or Kamiakin Middle School with 7:15pm, 8:20pm or 8:40pm start times (depending on the division).

Spring season available for registration on January 6.

Team Fee: \$301.13 (includes tax)

Women's Upper Division BB Level

The Women's Upper Division is for teams with intermediate to above average skill level, have in depth knowledge of offensive and defensive game play and can use advanced strategies to be successful. Matches on Monday nights.

Mon	7:15 or 8:20pm	Sept 16–Nov 4	40423
Mon	7:15 or 8:20pm	Jan 6–Mar 3	40429
SPRING	Mon 7:15 or 8:20pm	Apr 14–June 9	40487

Women's Lower Division B Level

The Women's Lower Division is for teams with average to intermediate skill level meaning, abilities more advanced than a beginner. Players understand the game and are able to perform some of the necessary skills required to be successful. Matches on Monday nights.

Mon	7:15 or 8:20pm	Sept 16–Nov 4	40424
Mon	7:15 or 8:20pm	Jan 6–Mar 3	40430
SPRING	Mon 7:15 or 8:20pm	Apr 14–June 9	40488

Co-ed Upper Division BB Level

The COED Upper Division is for teams with intermediate to above average skill level, have in depth knowledge of offensive and defensive game play and can use advanced strategies to be successful. Matches on Tuesday nights.

Tue	8:20 or 8:40pm	Sept 17–Nov 5	40425
Tue	8:20 or 8:40pm	Jan 7–Feb 25	40431
SPRING	Tue 8:20 or 8:40pm	Apr 15–June 3	40489

Co-ed Lower Division B Level

The COED Lower Division is for teams with average to intermediate skill level meaning more advanced than a beginner. Players understand the game and are able to perform some of the necessary skills required to be successful. Matches on Tuesday nights.

Tue	8:20 or 8:40pm	Sept 17–Nov 5	40426
Tue	8:20 or 8:40pm	Jan 7–Feb 25	40432
SPRING	Tue 8:20 or 8:40pm	Apr 15–June 3	40490

Co-ed C Division

The COED "C" Division is our least competitive division that's great for beginners who are learning the rules or those still improving their fundamental skills. Matches are on Wednesday nights.

Wed	8:20pm	Sept 18–Nov 6	40427
Wed	8:20 or 8:40pm	Jan 8–Feb 26	40433
SPRING	Wed 8:20 or 8:40pm	Apr 16–June 4	40491

Free Agent Team Co-ed C Division

Are you looking for a team to join? Do you have a couple friends that want to play volleyball but don't have enough to have your own team? Then you're in luck! Starting this fall we are offering a free agent team for our COED C division of volleyball that will play on Wednesday nights. For a flat fee of \$40 (plus tax) you can join the team as an individual. We need a minimum of 6 players (minimum of 3 men and 3 women) in order to form the team.

Wed	8:20pm	Sept 18–Nov 6	40428
Wed	8:20 or 8:40pm	Jan 8–Feb 26	40434
SPRING	Wed 8:20 or 8:40pm	Apr 16–June 4	40492

Co-ed Dodgeball League

That fun school yard game you use to play as a kid is even more fun as adults! Games are played on Wednesdays at Kirkland Middle School. Matches consist of a full hour of play with 6 team members on each side. The league is an "OPEN" division accepting all levels of play. If deemed necessary, an upper and lower division will be formed.

Team Fee: \$301.13 (includes sales tax)

Wed	6:45 or 7:55pm	Sept 18–Nov 6	40437
Wed	6:45 or 7:55pm	Jan 22–Mar 19	40438
SPRING	Wed 6:45 or 7:55pm	Apr 23–June 18	40493



YOUTH COACHES NEEDED

The amount of children that we can accept in our youth sports programs directly relates to the amount of volunteers we have to coach.

Can you help out?

No prior sports or coaching experience necessary. Time commitment varies by program.

Call 425.587.3330 for info

Like us on
Facebook!



facebook.com/kirklandsportsleagues



Golf Instruction

Learn to play golf in the comfortable atmosphere of the Redwood Golf Center in Woodinville. A PGA instructor teaches group lessons. Learn basic golf, grip stance, swing, rules and etiquette. By the end of this 4-part series you will be able to play on the golf course. Bring your own clubs or try the Golf Center's demo clubs.

Location: Redwood Golf Center, 13029 Redmond-Woodinville Rd NE, Woodinville
Min 6 / Max 12 • 4 classes

Sr Resident \$89 / Sr Non-Resident \$99
Non-Sr Resident \$97 / Non-Sr Non-Resident \$119

Fri	10–11am	Sept 6–27	39727
Fri	10–11am	Oct 4–25	39728
Fri	10–11am	Nov 1–22	39729
Fri	10–11am	Dec 6–27	39730
Fri	10–11am	Jan 3–24	39731
Fri	10–11am	Feb 7–28	39732
Fri	10–11am	Mar 7–28	39733

OPEN GYM SUNDAYS

One basketball court and three volleyball courts are available. Individuals or teams welcome.

5 to 8pm • Sundays

Location: Kamiakin Middle School
14111 132nd Ave NE, Kirkland

Fall: Sept 8–Nov 17
Winter: Dec 8–Mar 23

No open gym:
Dec 15, 22, 29 // Jan 19, Feb 2 & 16

Cost: \$4.00 per person
(includes WA State Sales Tax)

Call 425.587.3335 for gym closure info. 18 and older.



Ice Skating

Our professional learn-to-skate staff will teach a progression of skills to ensure safety and provide an understanding of the basic fundamentals of ice skating. Whether you are a beginner or would like to enhance your present skill level, we encourage children and adults to join. Students will be divided into their skill level and age level. Skates will be provided and helmets are highly recommended.

Classes will be held at Kingsgate Arena; 14326 124th Ave NE, Kirkland WA 98034. Classes will include 30 minutes of professional instruction and 30 minutes of practice/free skating time. Last day of class is "bring a buddy for free day." Skates will be provided for your buddy. Registration deadline is: one week prior to start of first class. Please arrive ½ hour before class to get skates on. Please wear warm clothes, jacket and gloves.

FALL

Ages 5 to Adult 7 weeks
Resident \$120 / Non-Resident \$144

Mon	6–7pm	Sept 9–Oct 21	40368
Fri	6–7pm	Oct 11–Nov 22	40372
Mon	6–7pm	Nov 4–Dec 16	40369

Ages 4 to Adult 7 weeks
Resident \$120 / Non-Resident \$144

Tue	10:45–11:45am	Sept 10–Oct 22	40370
Tue	10:45–11:45am	Nov 5–Dec 17	40371

WINTER

Ages 5 to Adult 7 weeks
Resident \$125 / Non-Resident \$150

Mon	6–7pm	Jan 6–Feb 17	40373
Fri	6–7pm	Jan 10–Feb 21	40377
Mon	6–7pm	Feb 24–Apr 7	40374
Fri	6–7pm	Feb 28–Apr 11	40378

Ages 4 to Adult 7 weeks
Resident \$125 / Non-Resident \$150

Tue	10:45–11:45am	Jan 7–Feb 18	40375
Tue	10:45–11:45am	Feb 25–Apr 8	40376

SOFTBALL Recruitment is in FULL SWING!

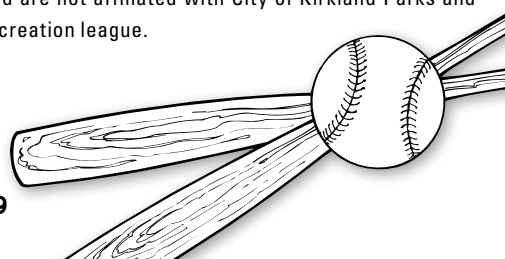
If you are age 55+ and have played softball or simply want to play (no experience required), recruitment for the new 2014 season is underway! The two men's teams, "Moss Bay Hawks", "Kirkland Owls" and the co-ed team, "Kirkland Klassics" were all a hit in 2013! After a long winter break, team players are now dusting off their bats to begin practice in March 2014.

age 55+

Everyone is gearing up for another fantastic season of league play, May through July. These three recreational teams play in the Puget Sound Senior Softball Association and are not affiliated with City of Kirkland Parks and Community Services recreation league.

CO-ED team info call
PAULA MILLER 425.822.7478

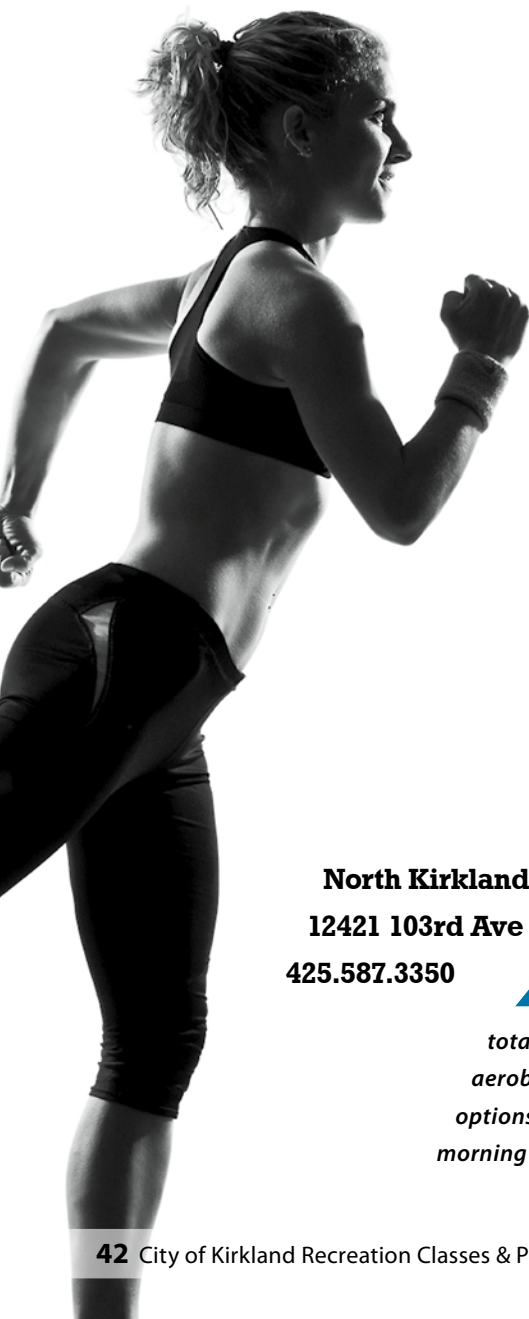
men's teams info call
RICH MILOVICH 425.827.1109



MOVE IT!

**FOR YOUR BODY
FOR YOUR HEALTH
FOR YOUR SELF**

Affordable, Flexible, Convenient! Time to MOVE IT with our easy quarterly fitness pass. No more individual class registrations and associated fees! With the purchase of the MOVE IT quarterly pass, take unlimited number and combination of fitness classes that your schedule allows. One registration, ultimate flexibility. Simply present your pass at class. It's easy, it's affordable, so what are you waiting for? MOVE IT!



Body Sculpting

Does your body need toning or shaping? Want to add some curves and definition in all the right spots? This 45 minute class could give you a new look without the chisel. We start with a 10 minute aerobic warm up, then move on to exercise for the upper body, abdominal, glutes, and legs. Exercise to music, and end with feel-good stretches. Weights will be discussed at first class.

Circuit Training

Aerobics + Strength Training = Great Results! Use the step, hand weights, rubber tubing, and aerobics in timed intervals to build strength and endurance. Our students report it's their favorite class! Bring hand weights and a mat to class.

Dance Aerobics

Do you have the urge to go dancing but no interest in nightclubs? Well, this is the class for you! Here is your chance to get fit while learning moves you've always wanted to try, from hip hop to the cha cha. Whether you're a pro athlete or beginner, this class is guaranteed fun and a great cardio workout. So, stop dancing alone in your living room. Come join the party and get your groove on. Let's dance!

North Kirkland Community Center

12421 103rd Ave NE, Kirkland WA

425.587.3350

“Jane's early morning workout classes offer total body workout with strength, stretch, and aerobic exercise. A variety of music, alternative options, enthusiasm, friendship, and the rest of the morning free!” — Jane V.

Long and Lean

There is nothing like the look of long lean muscles. Using a combination of standing BARRE techniques, ball training and weight bearing exercises, your body will get that long lean look while reducing the risk of injury. Focusing on muscle isolation, tension and balance we will create that elegant look of a dancer's physique.

Low-Impact Aerobics

Start your day out right. This class is designed for people of all ages and fitness levels. Come join the fun fat burning, muscle toning, keep-it-moving class! Please bring a mat and large towel to class for floor work. Good for all ages.

Power Hour

This is the opportunity to change your workout! Using interval training, you'll move from cardio to weight bearing exercise. Your strength and endurance will be tested with isometric, plyometric, Pilates and yoga stretches. This class will transform the way you look and feel. The routine is always changing, which maximizes fat burning and body sculpting that you'll be seeing in no time! Get pro-active about your workout and break away from your regular routine with the Power Hour!

Pilates/Strength Work

Pilates is a unique form of strength work that emphasizes the mind/body connection. Our lively class combines Pilates with the use of hand weights, body mechanics, and rubber tubing for improved strength, flexibility, and balance. Become fitter and healthier in new ways! Bring hand weights and a mat to class.



**STILL MORE AFFORDABLE THAN
YOUR LOCAL FITNESS CLUB!**

FALL 2013

All classes on this page included with your
Move It! Pass: Resident \$114 / Non-Resident \$136
To register use class #40200

Yoga **NEW!**

Join us for our new yoga class taught by Kundini. Yoga uses slow movements and stretching to increase flexibility and balance. Participants will build a strong foundation of basic Yoga postures and breathing techniques. Yogis of all ages and levels are welcome.

Strength and Stretch

Strengthen and tone muscles, improve your bone density to help fight osteoporosis and add flexibility to your entire body. All this and it's fun to boot! All ages welcome. Please bring mats and a large towel. Expect to see improvement within a few weeks.

Total Body Conditioning

A cardio and strength conditioning total body workout that incorporates hand held weights, resistance bands, body weight and more! You'll work up a sweat in this class and finish with a relaxing cool down and stretch.

Zumba

Join us on Monday and Thursday evenings and Saturday mornings. Zumba is a fun, dance and rhythms exercise class using mostly Latin music. Sizzling, toe, tapping, hip swiveling music makes you want to get up and move.

MORNING CLASSES

14 weeks // September 9–December 21st // No class 10/25, 11/11, 11/25-30

DAY	CLASS NAME	TIME	INSTR.
Mon	Power Hour	9:15–10:15am	Laura
Tue	Strength & Stretch	8:00–9:00am	Jane
Wed	Strength & Stretch	8:00–9:00am	Jane
Wed	Power Hour	9:15–10:15am	Laura
Thur	Strength & Stretch	8:00–9:00am	Jane
Fri	Low Impact Aerobics	8:00–9:00am	Jane
Fri	Power Hour	9:15–10:15am	Laura
Sat	Total Body Conditioning	8:30–9:30am	Joleen
Sat	Zumba	9:40–10:40am	April

EVENING CLASSES

14 weeks // September 9–December 21st // No class 10/25, 11/11, 11/25-30

DAY	CLASS NAME	TIME	INSTR.
Mon	Zumba	5:30–6:15pm	Sandra
Mon	Circuit Training	6:30–7:20pm	Joleen
Mon	Pilates/Strength	7:25–8:10pm	Joleen
Tue	Body Sculpting	5:30–6:15pm	Sandra
Tue	Dance Aerobics	6:20–7:10pm	Laura
Wed	Circuit Training	6:30–7:20pm	Joleen
Wed	Yoga NEW!	7:30–8:30pm	Kundini
Thur	Body Sculpting	5:30–6:15pm	Sandra
Thur	Long and Lean	6:20–7:10pm	Laura
Thur	Zumba	7:15–8:15pm	April

/// Ages 16 through adult /// Passes are available at any time during the quarter at full price /// A Personal Wellness Survey must be completed by all participants before working out /// PASSES ARE NOT PRORATED, ARE NON-REFUNDABLE AND NON-TRANSFERABLE /// It is recommended you have a doctor's approval if you have a health problem, are more than 35 lbs. overweight, or are over 50 years old and have not been exercising /// Call Recreation Hotline 425.587.3335 if class cancellation is in question

MOVE IT!

WINTER 2014

All classes on this page included with your
Move It! Pass: Resident \$98 / Non-Resident \$117
To register use class #40201

MORNING CLASSES

12 weeks // January 6–March 29th // No class 1/20 & 2/17

DAY	CLASS NAME	TIME	INSTR.
Mon	Power Hour	9:15–10:15am	Laura
Tue	Strength & Stretch	8:00–9:00am	Jane
Wed	Strength & Stretch	8:00–9:00am	Jane
Wed	Power Hour	9:15–10:15am	Laura
Thur	Strength & Stretch	8:00–9:00am	Jane
Fri	Low Impact Aerobics	8:00–9:00am	Jane
Fri	Power Hour	9:15–10:15am	Laura
Sat	Total Body Conditioning	8:30–9:30am	Joleen
Sat	Zumba	9:40–10:40am	April

EVENING CLASSES

12 weeks // January 6–March 29th // No class 1/20 & 2/17

DAY	CLASS NAME	TIME	INSTR.
Mon	Zumba	5:30–6:15pm	Sandra
Mon	Circuit Training	6:30–7:20pm	Joleen
Mon	Pilates/Strength	7:25–8:10pm	Joleen
Tue	Body Sculpting	5:30–6:15pm	Sandra
Tue	Dance Aerobics	6:20–7:10pm	Laura
Wed	Circuit Training	6:30–7:20pm	Joleen
Wed	Yoga NEW!	7:30–8:30pm	Kundini
Thur	Body Sculpting	5:30–6:15pm	Sandra
Thur	Long and Lean	6:20–7:10pm	Laura
Thur	Zumba	7:15–8:15pm	April

/// Ages 16 through adult /// Passes are available at any time during the quarter at full price /// A Personal Wellness Survey must be completed by all participants before working out /// PASSES ARE NOT PRORATED, ARE NON-REFUNDABLE AND NON-TRANSFERABLE /// It is recommended you have a doctor's approval if you have a health problem, are more than 35 lbs. overweight, or are over 50 years old and have not been exercising /// Call Recreation Hotline 425.587.3335 if class cancellation is in question



Run For Your Life! **NEW!**

Have you thought of doing a 5K and don't know where to start? Have you tried to train on your own and lacked motivation? Do you walk regularly and are now ready to start adding running to your workout? This 9-week running class starts out slowly and gives you time to work up to running 5K. Classes begin with a warm-up of a brisk walk followed by a run/walk session. Each class will end with a tip session on informative topics such as nutrition, injury prevention, form, stretching and mental preparation.

Instructor: Melissa Graham (Marathon Maniac!)

Class meets twice a week:

Wednesdays @ 12:30pm: McAuliffe Park
10824 NE 116th St (North on 108th Ave NE from
NE 116th St. then right into the 1st driveway on right)

Thursdays @ 6:30pm: Heritage Hall
203 Market St. Kirkland

Resident \$99 / Non-Resident \$119

Wed at McAuliffe	12:30–1:30pm	Sept 18–	40450
Thur at Heritage	6:30–7:30pm	Nov 21	

For a body transformation try "Shimmy & Shake"!

Beginning Belly Dance
See page 38

Ballet Barre & Stretch **NEW!**

This class is designed to transform the body into one of equal balance, strength and flexibility. Barre classes blend together ballet barre, exercise and conditioning. Target each of your muscle groups and then stretch those muscles in a way that promotes long, lean growth instead of bulk.

Location: PKCC • 6 classes • No class 11/11, 11/27, 12/23, 12/25, 12/30, 1/1, & 1/20 • Resident \$50 / Non-Res \$60

Wed	5:20–6:05pm	Sept 11–Oct 16	40347
Mon	5:20–6:05pm	Sept 16–Oct 21	40348
Wed	5:20–6:05pm	Oct 23–Dec 4	40349
Mon	5:20–6:05pm	Oct 28–Dec 9	40350
Wed	5:20–6:05pm	Dec 11–Jan 29	40351
Mon	5:20–6:05pm	Dec 16–Feb 20	40352
Wed	5:20–6:05pm	Feb 5–Mar 12	40353
Mon	5:20–6:05pm	Feb 24–Mar 31	40354

Retro Aerobics **NEW!**

Let's turn back the clock and get physical! Join this fun, energetic class and learn the fundamentals of aerobics. In this fat burning class you will incorporate easy to learn high and low impact aerobic routines to get the maximum benefits. This class is great for all fitness levels as routines can be modified.

*Location: PKCC • Instructor: Charlene Watson • 4 classes
Resident \$35 / Non-Resident \$42*

Tue	5:30–6:30pm	Sept 3–24	40386
Tue	5:30–6:30pm	Oct 1–22	40387
Tue	5:30–6:30pm	Oct 29–Nov 19	40388
Tue	5:30–6:30pm	Jan 7–28	40389
Tue	5:30–6:30pm	Feb 4–25	40390
Tue	5:30–6:30pm	Mar 4–25	40391

Zumba® Gold

Zumba® Gold modifies Zumba® fitness to non-impact moves and pacing suiting the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Zesty Latin music, world rhythms, exhilaratingly easy to follow moves and the invigorating party-like atmosphere are exercise in disguise! Feel the music, forget you are exercising and just move with the joy! You don't have to know how to dance, just know how to have fun! All abilities welcome.

*Wear athletic shoes • Location: PKCC
Instructor: Joan Wilde*

Tuesdays 4 classes

*No class 9/24, 12/24, 12/31 & 3/4
Resident \$35 / Non-Resident \$42*

Tue	10:30–11:30am	Sept 3–Oct 1	39713
Tue	10:30–11:30am	Oct 8–29	39714
Tue	10:30–11:30am	Nov 5–26	39715
Tue	10:30–11:30am	Dec 3–Jan 7	39716
Tue	10:30–11:30am	Jan 14–Feb 4	39720
Tue	10:30–11:30am	Feb 11–Mar 11	39721
Tue	10:30–11:30am	Mar 18–Apr 8	39722

Thursdays 4 classes

*No class 11/21, 11/28 & 1/16
Resident \$35 / Non-Resident \$42*

Thur	10:30–11:30am	Sept 5–26	39717
Thur	10:30–11:30am	Oct 3–24	39718
Thur	10:30–11:30am	Nov 7–Dec 12	39719
Thur	10:30–11:30am	Jan 2–30	39723
Thur	10:30–11:30am	Feb 6–27	39724
Thur	10:30–11:30am	Mar 6–27	39725

New Thursday Evening Classes! 4 classes

*No class 11/21, 11/28 & 1/16
Resident \$35 / Non-Resident \$42*

Thur	6–7pm	Sept 5–26	39943
Thur	6–7pm	Oct 3–24	39944
Thur	6–7pm	Nov 7–Dec 12	39945
Thur	6–7pm	Jan 2–30	39726
Thur	6–7pm	Feb 6–27	39946
Thur	6–7pm	Mar 6–27	39947

See page 61 and 41 for more
Yoga classes! >>

Prenatal Yoga **NEW!**

Prenatal yoga brings sensitive focus and gentle attention to the mother-to-be through breathing, relaxation, strengthening and stabilizing; helping to instill a feeling of trust in one's own inner wisdom during this time of change. The program, conducted in a calm, peaceful environment will help strengthen the uterus and pelvic muscles, improve circulation, aid in digestion, exercise the spine, improve posture and breathing and increase overall comfort. No prior yoga experience is necessary. Prenatal Yoga is safe to take throughout your pregnancy, it is best for beginners (with no prior yoga experience) to start a series at 3 months and can continue until giving birth.

Phyllis Moses is a Certified Viniyoga instructor (RYT-500), and Yoga Therapist, with a focus in prenatal yoga and has over 20 years' experience teaching.

*Location: PKCC • 6 classes
Resident \$90 / Non-Resident \$108*

Tue	5–6:15pm	Sept 10–Oct 15	40359
Tue	5–6:15pm	Oct 22–Nov 26	40360
Tue	5–6:15pm	Jan 7–Feb 11	40361
Tue	5–6:15pm	Feb 18–Mar 25	40362

Yoga Fun for Everyone

You have heard about the benefits of yoga... here's your chance to begin in a relaxed environment. Join this six week class and increase your flexibility, strength, balance and stamina. Sally Rodich, will teach you to broaden your knowledge of the practice and take yoga seriously while still having fun. End each class with a 10 minute relaxation to soothe your mind and relieve stress. All levels welcome. This class likes to laugh and have fun!

Wednesdays 6 classes *Location: PKCC • No class 10/23, 10/30, 12/25 & 1/1 • Resident \$54 / Non-Res \$65*

Wed	5:30–6:30pm	Sept 4–Oct 9	39750
Wed	5:30–6:30pm	Oct 16–Dec 4	39751
Wed	5:30–6:30pm	Dec 18–Feb 5	39752
Wed	5:30–6:30pm	Feb 12–Mar 19	39755

Mondays 6 classes *No class 11/11, 1/20 & 2/17
Resident \$54 / Non-Resident \$65*

Mon	5:30–6:30pm	Sept 9–Oct 14	39753
Mon	5:30–6:30pm	Nov 4–Dec 16	39754
Mon	5:30–6:30pm	Jan 6–Feb 24	39756
Mon	5:30–6:30pm	Mar 3–Apr 7	39757



Adult Special Interest

Arts & Crafts

Drawing for Everyone **NEW!**

Draw along with Jean as she demonstrates how to draw a variety of objects. Learn to easily calculate proportions, perspective, establish values, replicate contours and compose a successful drawing. This is an easy to follow class for everyone, whether you are a beginner or just want to brush up on your drawing skills. Supply list available at PKCC.

Instructor: Jean Pratt Beouy • Location: PKCC • 2 classes
Resident \$30 / Non-Resident \$36

Thur	6–9pm	Sept 26–Oct 3	39667
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Watercolor Painting

Whether you are a beginner or advanced painter, you will enjoy learning techniques for a successful painting. Jean demonstrates every step and provides individual assistance to all. Working from photo references provided by instructor, you will paint still life, florals, landscapes/seascapes, animals and more. Supply list available at PKCC.

Instructor: Jean Pratt Beouy • Location: PKCC
8 classes • No class 11/11, 1/20 & 2/17
Resident \$130 / Non-Resident \$156

Mon	6–9pm	Sept 9–Oct 28	39693
Mon	6–9pm	Nov 4–Dec 30	39694
Mon	6–9pm	Jan 6–Mar 10	39695
Mon	6–9pm	Mar 17–May 5	39696

Oil Painting the Easy Way

Paint along as Jean demonstrates the entire painting and provides individual assistance. Your own style will emerge as you paint many subjects from still life to landscapes to florals. You will quickly learn composition, color mixing, brush use, establishing depth and more. This class offers something for all levels. Supply list available at PKCC.

Instructor: Jean Pratt Beouy • Location: PKCC
8 classes • Resident \$130 / Non-Resident \$156

Tue	5:30–8:30pm	Sept 3–Oct 22	39697
Tue	5:30–8:30pm	Oct 29–Dec 17	39698
Tue	5:30–8:30pm	Jan 7–Feb 25	39699
Tue	5:30–8:30pm	Mar 4–Apr 22	39700

Beginning/Intermediate Drawing with Pastels

Learn to use the brilliant glowing colors of pastels to draw creatively, while learning techniques of this versatile medium. This class is designed for beginning and intermediate students. Continuing students should bring a project to work on. Supply list available at PKCC

Instructor: Louise Arntson • Location: PKCC
4 classes • Resident \$30 / Non-Resident \$36

Wed	10am–12pm	Oct 2–23	39499
Wed	10am–12pm	Nov 6–27	39500
Wed	10am–12pm	Feb 5–26	39501
Wed	10am–12pm	Mar 5–26	39502

Advanced Drawing with Pastels

Create beautiful scenes through the application of good drawing skills, ideas and special techniques of pastel painting. Prerequisite: Drawing with Pastels for Beginners or prior experience. Supply list available at PKCC

Instructor: Louise Arntson • Location: PKCC
4 classes • Resident \$30 / Non-Resident \$36

Wed	1–3pm	Oct 2–23	39503
Wed	1–3pm	Nov 6–27	39504
Wed	1–3pm	Feb 5–26	39505
Wed	1–3pm	Mar 5–26	39506

Ikebana: The Art of Japanese Flower Arranging

Experience the world of Ikebana and learn how to make simple and elegant arrangements with relatively few floral materials—a real “plus” in today’s economic climate. Students will learn concepts of line, space, mass, color, texture and more while creating basic styles of moribana (shallow vase) and nageire (tall vase) arrangements.

Taught by Diane Elliott, a certified instructor with the Sogetsu School of Ikebana • Location: PKCC

Fee for floral materials \$32 paid to instructor on first day of class. Please bring flower scissors, a broad, shallow vase and a large kenzan (flower frog) to first class.

Free demonstration

Wed	6:30–7:30pm	Oct 9	39507
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4 classes Resident \$64 / Non-Resident \$72

Wed	6:30–8:30pm	Oct 16–Nov 6	39508
Wed	6:30–8:30pm	Feb 12–Mar 5	39510

Music

Beginning Guitar Turbo Charged!

12 years–Adult

This fast-paced course covers all the basics—from tuning and strumming, all the way up to common chord progressions. Learn major, minor and 7th chords, basic rhythms and beginning theory. Good for acoustic styles. Must be at least 12 years old at the start of class.

Student must provide their own instrument • Instructor: Scott Lawson • Location: NKCC • 8 weeks • No class 2/17
Resident \$98 / Non-Resident \$118

Ages 12 to 15 years

Mon	5:15–6:15pm	Sept 16–Nov 4	40117
Mon	5:15–6:15pm	Jan 27–Mar 24	40119

Ages 16 years to Adult

Mon	6:30–7:30pm	Sept 16–Nov 4	40118
Mon	6:30–7:30pm	Jan 27–Mar 24	40120

Theater

Improvisation Wednesday! Adult Theater, Drama, Self-Discovery and Motivation

18+ years

Adults come and explore theater and drama. Experience self-discovery, get motivated, and meet others just like you. It doesn’t matter if you feel shy, we all are. Lose inhibitions and make friends! Instructor has an honors degree in theater arts.

Instructor: Karen Neal Gee
Location: NKCC, 12421 103rd Ave NE • 6 weeks
Resident \$90 / Non-Resident \$108

Wed	7–9pm	Sept 25–Oct 30	40203
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Improvisation Workshop Adult Theater, Drama, Self-Discovery and Motivation

18+ years

All the great benefits of the 4 week class rolled into one 6 hour workshop! Spend this day making connections and learning something new about yourself.

Instructor: Karen Neal Gee
Location: PKCC, 352 Kirkland Ave • 1 day
Resident \$50 / Non-Resident \$60

Sat	10am–4pm	Jan 18	40204
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Photography

Digital Photography from A to F-Stop

If you are interested in taking better photographs and improving your photo skills with your iPhone, Point and Shoot camera, iPad or a DSLR interchangeable lens camera, you will enjoy this class. You will learn to confidently turn your automatic settings off and use other techniques to capture creative photographs through the use of shutter speed, aperture control, and various mode settings. Bring your digital camera, owner's manual and several of your digital photographs to class on a SD or CF card, flash drive, CD or DVD. Included in the topics to be covered are:

- Correcting red eye
- Optical & digital zooming
- Default, mode & resolution settings
- When to use ISO, F/Stop, and Shutter Speed settings
- Solving the mystery of megapixels—capturing vs printing
- How to meter correctly for proper exposure
- Software for optimizing and editing your photographs
- Storing, organizing, and displaying your digital photos
- Digitizing your older film slides and prints
- Traveling with your digital camera
- Photo composition and light balance.

Duke Coonrad, is an award winning photographer & has over 30 years of photography experience. His publications include local and national calendars, magazines, and newspapers including the Seattle PI, Kirkland Reporter, Seattle Times and Mercer Island Reporter.

Location: PKCC • Resident \$45 / Non-Resident \$54

Wed	6:30–9:30pm	Sept 11	40364
Wed	6:30–9:30pm	Dec 11	40365
Tue	6:30–9:30pm	Mar 11	40366

Jewelry & Wobblebobs

Trina Gratrix of Woven Chains Jewelry is a chainmaille jewelry artist. Her work is all made from small jump rings, open and closed, and woven into her designs “one ring at a time.” Woven Chains Jewelry travels the Northwest, selling at many Art Shows and Street Fairs and is also sold in several galleries in Western Washington. View designs online at www.wovenchains.etsy.com.



Chainmaille Flowers

Ages 12 years to Adult

Make two different types of chainmaille flowers, one made from bright colorful scales and silver rings, and the other from bright rings. Great for pendants, ornaments or suncatchers! All tools for the class and materials for your first set of flowers will be provided, and kits will be available for purchase if you would like to make more. View the instructor's chainmaille items at www.wovenchains.etsy.com.

*Instructor: Trina Gratrix • Location: NKCC
Resident \$35 / Non-Resident \$42*

Wed	6–9pm	Oct 23	40191
Wed	6–9pm	Mar 12	40194

Chainmaille Wobblebobs

Ages 12 years to Adult

Wobblebobs, a fun chainmaille ball, are cleverly made from just a pile of shiny rings. They're great for key chains, juggling, pendants, window decorations, worry stones, or just for fun! Choose from lots of bright and shiny colors to make your design your own. All tools and materials will be provided for your first Wobblebob, and kits will be available for purchase if you would like to make more. View the instructor's chainmaille items at www.wovenchains.etsy.com.

*Instructor: Trina Gratrix • Location: NKCC
Resident \$40 / Non-Resident \$48*

Wed	6–9pm	Nov 6	40192
Wed	6–9pm	Jan 29	40195

Colorful Chainmaille Bracelet

Ages 12 years to Adult

Learn the ancient art of chainmaille! You'll make and take home a unique and colorful bracelet made from colored aluminum. All tools for the class and materials for your first bracelet will be provided, and kits will be available for purchase if you would like to make more. View the instructor's chainmaille items at www.wovenchains.etsy.com.

*Instructor: Trina Gratrix • Location: NKCC
Resident \$40 / Non-Resident \$48*

Wed	6–9pm	Nov 13	40193
Wed	6–9pm	Jan 18	40196

Be a Star in Our Brochure!

Seeking photos from around Kirkland.

Would you like to submit a photo to be considered for use in future Kirkland Parks Guides? Do you have a photo from a Kirkland park or other recognizable Kirkland location, event or class showing the fun you are having in Kirkland? For the photo to be considered it should ideally be 2550x3500 pixels. A photographer's release form might be required depending on the photo.

**For questions call Tracy Harrison
at 425.587.3352**

**Email photos to
tharrison@kirklandwa.gov**

Adult Special Interest

Voice-Overs

You're On The Air: How to Make It In Voice-Overs!

Learn about an exciting new way to turn voice-overs into a full or part-time business! Lisa Foster, a successful voice-over artist, introduces students to the voice-over business and talks about opportunities, income potential, and the all-important demo and how to have it produced. Step up to the microphone, do some practice recording, and hear the results!

Location: NKCC • Resident \$37 / Non-Resident \$44

Wed	7–9pm	Oct 9	40231
Wed	7–9pm	Jan 28	40232

Gardening

Orchard Mason Bees

Are you interested in learning how to improve the pollination of plants and trees in your yard? Or perhaps you are curious how you could support the environment by hosting non-stinging native bees without any fruit trees in your garden? Come join us as Missy Anderson (alias Queen Bee) from King County Master Gardeners, offers an engaging presentation on Orchard Mason Bees. Learn about the wonderful nature of mason bees, the value they bring to our world, and how easy it is to host them in a nesting box in your back yard. Becoming a successful bee farmer is easy and fun.

Instructor: Missy Anderson • Location: PKCC
Resident \$10 / Non-Resident \$12

Sat	10:30am–12pm	Oct 12	39521
Sat	10:30am–12pm	Jan 11	39523



Health & Nutrition

Hypnosis for Weight Loss

You already know that losing weight can be one of life's most frustrating experiences. Now find out what you can do to lose 20 pounds within weeks. Hypnosis can help you change those old destructive mental programs that are keeping you stuck... and it can be far easier than you ever imagined.

The instructor, Robert W. Felix, is a certified hypnotist registered in the State of Washington.

FOR YOUR COMFORT PLEASE BRING A MAT OR TOWEL, AND A PILLOW • Location: Heritage Hall, 205 Market St, Kirkland
Resident \$95 / Non-Resident \$114

Tue	7–9pm	Sept 10, 17 & 24	40392
Tue	7–9pm	Jan 14, 21, & 28	40393

Hypnosis to Quit Smoking

Even though you already know how destructive smoking can be, you've lost track of how many times you've tried to quit. You've tried different brands. You've tried the gum. You've tried the patch. You've tried willpower. Nothing seems to work. Well, leave your willpower at home. Hypnosis can help you stop smoking for good... and it can be far easier than you ever imagined.

The instructor, Robert W. Felix, is a certified hypnotist registered in the State of Washington.

FOR YOUR COMFORT PLEASE BRING A MAT OR TOWEL, AND A PILLOW • Location: Heritage Hall, 205 Market St
Resident \$59 / Non-Resident \$71

Tue	7–9pm	Oct 1	40394
Tue	7–9pm	Feb 4	40395

Language

Introduction to Spanish

¿Habla Español? Learn to speak, read and write Spanish using basic vocabulary in the present tense.

Yolanda Von Diesl has been teaching language classes for over 25 years and is fluent in Spanish, French, Norwegian, Italian and German.

This class uses "Dos Mundos 6th Edition, please bring book, pen and paper to class.

Location: PKCC • 5 classes • No class 11/11 & 2/17
Resident \$38 / Non-Resident \$46

Mon	1:30–3pm	Sept 9–Oct 7	39511
Mon	1:30–3pm	Oct 21–Nov 25	39512
Mon	1:30–3pm	Feb 3–Mar 10	39513
Mon	1:30–3pm	Mar 17–Apr 14	39514

Continuing Spanish

Now that you know the basics, here's the opportunity to expand your vocabulary and increase conversational skills. Yolanda Van Diesl is fluent in 6 foreign languages and has been teaching for over 25 years.

This class uses "Dos Mundos 6th Edition, please bring book, pen and paper to class.

Location: PKCC • 5 classes • No class 11/13
Resident \$38 / Non-Resident \$46

Wed	1:30–3pm	Sept 4–Oct 2	39515
Wed	1:30–3pm	Oct 16–Nov 20	39516
Wed	1:30–3pm	Feb 5–Mar 5	39518
Wed	1:30–3pm	Mar 12–Apr 9	39519

French for Adults **NEW!**

Ages 18 to adult

Guided by a native speaker, become comfortable navigating through basic daily interactions and conversations in French... Get exposed to French culture, basic grammar and vocabulary, and be ready for your next trip to France.

Instructor: Frederique Battestini of Polly-Glots

Location: NKCC • 10 weeks • No class 2/15
Resident \$168 / Non-Resident \$202

Sat	11am–12pm	Sept 14–Nov 16	40250
Sat	11am–12pm	Jan 11–Mar 22	40251

Computers Mac Classes **NEW!**

Introduction to iPad

Want to learn how to use your iPad to its fullest potential? Then this class is for you! Learn how to use Siri, email, keyboard shortcuts, and the calendar and clock functions as well as how to take pictures and use a photo app. You will also learn how to download apps, books and magazines.

Location: PKCC • Instructor: Doris Ford • 4 classes
\$5 lab fee per class is collected at time of registration
Participants must provide their own iPad

Sr-Resident \$17 / Sr Non-Resident \$20
Non-Sr Resident \$32 / Non-Sr Non-Resident \$38

Fri	8:45–10:45am	Sept 13	39735
Wed	8:45–10:45am	Oct 9	39736
Fri	8:45–10:45am	Jan 17	39737
Fri	8:45–10:45am	Mar 28	39738

Introduction to Mac

For beginners with little or no Mac computer experience. This class covers fundamentals of hardware and software, terminology, operations, keyboard and mouse skills. Learn the difference between word processing, spreadsheet and database software.

Location: PKCC • Instructor: Doris Ford • 4 classes
\$5 lab fee per class is collected at time of registration
Participants must provide their own Mac laptop

Sr-Resident \$46 / Sr Non-Resident \$55
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Mon	10am–12pm	Oct 7–28	39701
Wed	10am–12pm	Jan 15–Feb 5	39702

One-on-One Computer Assistance

Baffled by your software program? Uncomfortable asking questions in class? Can't figure out that new digital camera? Need to create a customized database or query? Enjoy one-on-one tutoring with Doris Ford! Here is a fabulous opportunity to improve your computer skills and enhance your equipment knowledge.

Resident \$30 / Non-Resident \$36
\$5 lab fee per class is collected at time of registration • Advanced registration required, call 425.587.3360



Return to Work Series

Build fundamental job-seeking skills in Word and Excel to reenter the workforce.

Return to Work: Excel

Learn to customize the quick access menu, work with multiple worksheets, apply absolute and relative cell references, understand and perform calculations, use a pivot table and create what if worksheets. Sharpen your math skills by building fundamental job-seeking skills in Excel.

Location: PKCC • Instructor: Doris Ford • 4 classes
No class 4/18 • \$5 lab fee per class is collected at time of registration

Sr-Resident \$46 / Sr Non-Resident \$55
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Mon	12:30–2:30pm	Oct 7–28	39703
Mon	10am–12pm	Feb 24–Mar 17	39704

Return to Work: Word

Learn to set default margins, tabs, fonts, and font sizes, create columns, tables, and add symbols, objects, and clip art. Send an email and attach your resume to a prospective employer. After this class you will know how to mail merge, print envelopes, and create mailing labels. Build fundamental job-seeking skills in Word.

Location: PKCC • Instructor: Doris Ford • 4 classes
\$5 lab fee per class is collected at time of registration
No class 1/20

Sr-Resident \$46 / Sr Non-Resident \$55
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Wed	10am–12pm	Sept 11–Oct 2	39739
Mon	12:30–2:30pm	Jan 13–Feb 10	39741

Life Skills and General Interest

Outfit Creation for the Everyday Goddess **NEW!**

Would you love to have help creating outfits from the clothing you already own? In this 4-week class you'll learn not only how to determine your style archetype and how to best dress your Goddess shape, but most importantly how to use what you already own to create multiple outfits! Walk away with tips and tricks on how to add, mix and maximize color, texture and accessories with wardrobe basics. Plus, discover inexpensive ways to build or supplement your wardrobe.

Instructor: Nikol Schwab • 4 classes • Location: PKCC
Resident \$100 / Non-Resident \$120

Tue	6:30–8:30pm	Oct 8–29	40152
Thur	6:30–8:30pm	Feb 6–27	40153

Consignment Shopping for the Everyday Goddess

Wondering why consignment shopping is all the RAGE nowadays? Self-proclaimed Consignment Goddess, Nikol Schwab, shows fellow Goddesses how to use consignment shops to build or supplement a wardrobe for next to nothing! Be inspired by tips on how to maximize your shopping experience and by examples of one-of-a-kind finds! Receive guidance on how to find a favorite consignment shop, tricks on how to turn your couture or donation items into CASH and much more!

Instructor: Nikol Schwab • Location: PKCC
Resident \$25 / Non-Resident \$30

Tue	10am–12pm	Sept 17	39781
Sat	10am–12pm	Nov 9	39782
Tue	6:30–8:30pm	Jan 21	39783
Tue	6:30–8:30pm	Mar 4	39784

<< Windows 8 classes
now available! See page 63
for more details.

Adult Special Interest

Life Skills and General Interest

Is it a Real Work at Home Job or a Scam?

If you need extra ways to supplement your income but can't figure out what is legitimate, then this class is for you! The first half of this class focuses heavily on the marketing tricks of scammers, giving you confidence to recognize scammers from legitimate work. The second part of the class will provide you with over 170 resources on how to make extra income (besides selling your life on eBay), as well as over 140 legitimate companies that hire at-home workers.

Basic internet and emails skills required.

Course fee includes book with listings, a \$25 value.

Instructor: Bethany Mooradian • Location: PKCC

Resident \$40 / Non-Resident \$48

Tue	6–9pm	Oct 15	39524
Mon	6–9pm	Feb 3	39526

Become a Mystery Shopper

Yes, there is such a thing as a free lunch! Companies hire people to make observations on their stores and employees. They need the information to train workers and improve customer service, and the result is that you get to earn money while you shop and eat! Learn who is hiring, what companies expect, how to write a great evaluation, tax reporting, common scams, and how to get started.

Basic internet and emails skills required.

Course fee includes book with listings, a \$25 value.

Instructor: Bethany Mooradian • Location: PKCC

Resident \$40 / Non-Resident \$48

Mon	6–9pm	Oct 28	39527
Thur	6–9pm	Feb 20	39529

Let's Get Organized! Purposeful Time & Paper Management

NEW!

Do you feel you are spinning your wheels? Has time and papers gotten the best of you? This two part class will teach you the organizing process and help you create your email and paper system. Also, create a time template to live your most purposeful life.

Instructor: Denise Allen • Location: PKCC • 2 classes

Resident \$40 / Non-Resident \$48

Wed	6:30–8:30pm	Oct 9 & 23	39530
Wed	6:30–8:30pm	Jan 8 & 22	39531

Women's Self Defense @ NKCC

Ever have an encounter that makes the hair on the back of your neck stand up? Learn the 3 most crucial self-defense lessons: recognizing when someone's planning an assault, how to use body language and your voice to interrupt an intended assault, and simple, effective physical skills to disable an attacker. In a single session you'll learn about real risks, assailant tricks, crucial targets, how to create an impact, and releases from the most common grabs. A great class to take with a friend!

Bring a light lunch or snack, and a water bottle.

Instructor: Joann Factor • Location: NKCC

Resident \$107 / Non-Resident \$127

Sat	11am–4pm	Jan 11	40202
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Be Thinner, Healthier & Happier by Balancing Your Brain Type

Learn lifestyle, diet and exercise tips that help your brain type work better, so your life works better too. Learn specific strategies for balancing mood, improving your self-discipline, focus, and increasing your energy, all based on your brain type. Know your brain type: Amen Brain typing questionnaire will be provided during class. This class material is based on Dr. Daniel Amen's, "Change your brain, change your body" weight management and health improvement program. This introductory class lets you discover your brain type and gives an overview of Dr. Amen's CYBCYB concepts.

The instructor is a therapist and ADD/life skills coach who was a staff therapist, coach and educator for the PNW Amen Clinic for over 5 years.

Instructor: Cynthia Seager • Location: PKCC

Resident \$17 / Non-Resident \$20

Mon	6:30–8:30pm	Nov 4	40233
Sat	9–11am	Jan 11	40234
Fri	10am–12pm	Mar 21	40235

Effective Stress Management: Even in Uncertain Times

Are you feeling chronically worried, tense or stressed out? Have life setbacks or stress been wearing you down and clouding your judgment? No matter what your situation, it IS possible to reclaim greater energy, mental clarity and peace of mind. This class will teach you stress-busters that really work: tools for derailing stress, anxiety and tension. You'll also learn how to replace nagging negative thoughts with more constructive ones that free up your energy and creative resources. Handouts provided.

Instructor: Cynthia Seager • Location: PKCC

Resident \$17 / Non-Resident \$20

Wed	6:30–8:30pm	Sept 11	40236
Mon	6:30–8:30pm	Dec 2	40237
Wed	10am–12pm	Feb 5	40238



Money Management Strategies

Do you struggle to get bills paid on time even if you have the money to pay them? Do you have piles of paperwork at tax time? In this class you will learn how to start tracking and organizing your money and paperwork right away to build skills and awareness you need to truly be in control of your finances. The instructor is a certified Financial Recovery Counselor, as well as a therapist and Life Skills coach.

Instructor: Cynthia Seager • Location: PKCC

Resident \$10 / Non-Resident \$12

Wed	6:30–8:30pm	Oct 2	40240
Wed	10am–12pm	Dec 4	40241
Sat	9–11am	Feb 22	40242

First Aid / CPR

Adult and Child First Aid/CPR/AED

American Red Cross **NEW!**

The Adult and Child First Aid/CPR/AED course incorporates the latest science and teaches students to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, heat and cold emergencies and how to respond to breathing and cardiac emergencies to help victims of any age—adults (about 12 years and older) and pediatric (infants and children up to 12 years of age).

Students who successfully complete this course will receive a certificate for Adult and Pediatric First Aid/CPR/AED valid for two years • Text Books and Pocket Masks not included in course fee and must be purchased separately at shopstaywell.com • 12 hour course
Location: PKCC • Resident \$110 / Non-Resident \$132

Sat	9am–3pm	Oct 5 and 12	40173
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CPR/AED for Professional Rescuers and Health Care Providers **NEW!**

To train professional-level rescuers to respond to breathing and cardiac emergencies in adults, children and infants until more advanced medical personnel take over. This course has been updated to meet the ECC 2010 guidelines.

Students who successfully complete this course will receive a certificate for CPR/AED for the Professional Rescuers and Health Care Providers valid for two years • Text Books and Pocket Masks not included in course fee and must be purchased separately at shopstaywell.com • 6 hour course
Location: PKCC • Resident \$110 / Non-Resident \$132

Sat	9am–3pm	Nov 2	40396
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Adult First Aid/CPR/AED

American Red Cross **NEW!**

The Adult First Aid/CPR/AED course incorporates the latest science and teaches students to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, heat and cold emergencies and how to respond to breathing and cardiac emergencies for victims about 12 years and older.

Successful students will receive a certificate for Adult First Aid/CPR/AED valid for two years • Text Books and Pocket Masks not included in course fee and must be purchased separately at shopstaywell.com • 6 hour course
Location: PKCC • Resident \$90 / Non-Resident \$108

Sat	9am–3pm	Dec 14	40175
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Cooking

Fun, Easy & Exotic Indian Vegetarian Cooking Class

Capture the alluring aroma and magical flavors of India and unleash them at your table with the presentation of your own exotic Indian meal. Learn the secrets about Indian spices, spice blends, basic curries and sauces, street foods and Indian pantry essentials in these fun and easy Indian Vegetarian cooking class. Enjoy simple, no-fuss recipes with step-by-step instructions presented by the instructor. You too, can manifest magic at your dining table.

Instructor: Padma Mandalaparthi • Location: PKCC • Supply fee paid to instructor \$5 per class • Resident \$35 / Non-Res. \$42

★ **Wednesdays** ★ **7–8:30pm** ★

Curry Sauces 101 Sept 11, #39931

Learn how to make quick and delicious curry sauces for everyday Indian cooking. Make three fantastic and versatile sauces- spicy and creamy curry sauce, Korma curry sauce and coconut curry sauce.

Indian Vegetarian Classics Sept 25, #39932 or Jan 29, #39938

Learn how to prepare Baby spring greens and baby Spinach Salad with Walnuts served with a lightly spiced vinaigrette ; Navratan Korma, a classic dish influenced from the mughal emperor's kitchens; A rich curry with fresh vegetables, nuts, and warming spices; and Malabar vegetable Curry, a signature South Indian Dish from the south Indian state of Kerala.

Quick & Elegant Indian Meal Oct 9, #39933

Learn how to prepare an elegant and easy Indian dinner for family and friends. Prepare potato and cauliflower curry (aloo–gobhi), pineapple raita (ananas raita), spinach lentil puree (palak ki dal) and perfect basmati rice (chawal).

Quick & Easy Appetizers Oct 23, #39934

Learn to prepare spicy and easy Paneer Pakodas (batter fried Paneer pieces), curry puffs (potato curry filled turnovers) and potato and tofu tikkis (potato and tofu spiced patties).

Got Spices? Unravel the Health Benefits of Spice Nov 6, #39935

Explore the world of spices and learn how to assemble a spice box at home. Prepare three simple and tasty dishes as you learn about the umpteen benefits of spices like turmeric, cumin, coriander, black pepper and more.

Fruit Chutneys Dec 4, #39936

Explore the delicious world of spiced laced fruit chutneys. Learn to prepare apple and ginger chutney, date and tamarind chutney and Pineapple chutney and wow your guests at your holiday feast!

Beans & Lentils Jan 8, #39937

Beans and lentils are low fat, protein and fiber rich heart healthy foods that have been used in India for centuries. Come and learn how to prepare easy and simple recipes like spinach and mund beans dal, garbanzo bean curry and spicy Adzuki beans. They are a wonderful warming treat in winter!

Garam Masala Feb 12, #39939

Join us to learn how to prepare your own home made spice blend – Garam Masala and prepare fragrant and spicy mushrooms and peas curry and Paneer Masala.

Flatbreads & Chutneys Feb 26, #39940

Experience a fun, very hands on class and learn how to prepare delicious, crispy rotis, stuffed paranthas , tasty mint and cilantro chutney and pineapple chutney to accompany the flatbreads.

Indian Street Foods Mar 5, #39941

Street food is very popular in India. Join this class and learn to recreate the magic of the popular Indian street foods right in your home. We will learn how to prepare Pav Bhaji, Bhel Puri and Aloo Chaat.

Adult Special Interest



Real Estate

Home Affordable Refinance Programs (HARP) **NEW!**

Do you qualify for one of the government re-finance programs? If so, do you know which program is best for your scenario and what the advantages are? Learn answers to questions like when will the programs end and what are your options if denied? Kim Prater has over 25 years' experience in the finance industry and will share the answers to these questions and many more. Walk step by step through the complete loan process in this class.

Location: PKCC • Resident \$10 / Non-Resident \$12

Wed	7-9pm	Sept 25	39671
Thur	7-9pm	Nov 21	39672
Thur	7-9pm	Feb 27	39673

Home Buyers Workshop

Whether you're a First Time Home Buyer, upgrading or looking for an Investment, it's important to learn the market. Come get all of your questions answered and learn the ropes of purchasing. This class is facilitated by both a Mortgage and a Real Estate professional that has been through all aspects of Home Buying with their clients and themselves. Find out why home inspection, appraisals and home owner insurance is important. Discuss what the Title and Escrow process is. Turning your dreams into reality is just a class away. Learn how to make intelligent choices in budgeting for a home and determine how much you qualify for.

Instructor: Kim Prater • Location: PKCC
Resident \$10 / Non-Resident \$12

Thur	7-9pm	Oct 24	39742
Wed	7-9pm	Jan 29	39744
Thur	7-9pm	Mar 13	39745

Dog Training Tuesdays 6:30-7:45pm

The Diamond Plate Dog Company is excited to offer dog training for owners with a busy lifestyle.

Instructor: Amy Cornett • Location: PKCC Resident \$39 / Non-Resident \$47

Come When I Call You Your dog can learn to come to you quickly and reliably. You will be given a solid foundation and many ideas for practicing "come" when I call you. A reliable recall can save your dog's life. Tuesday, 6:30-7:45pm	Sept 17	40278
	Oct 29	40279
Impulse Control Our four-legged family members are cute, warm, fuzzy, and full of enthusiasm. All they need now is a little guidance and development of impulse control. This course will walk you through the four steps of "leave it," "wait & release," and "distance stays" while adding duration, and distractions. You will walk away with very useful materials and practical techniques for a lifetime of canine impulse control. Tuesday, 6:30-7:45pm	Sept 24	40283
	Nov 5	40284
Polite Door Greetings Eliminate jumping and give your dog "something to do" when guests arrive. Good manners & proper door greetings can be as simple as getting your dog to sit, or go lay down on their bed. You will leave class with great ideas for door greeting management, as well as, solutions for everyone in your home to help with the training process. Tuesday, 6:30-7:45pm	Oct 1	40285
	Nov 12	40286
Walking on a Leash: No More Pulling Walking casually on a loose leash is a great goal for everyday walking your dog. If walks are more like a tug of war than a peaceful stroll, you can change that for the better with this workshop. We'll cover a variety of different techniques for teaching your dog to keep the leash loose and stop pulling, No prong or choke collars. Tuesday, 6:30-7:45pm	Oct 8	40282

Reactive Rover & Lunging on Leash **NEW FORMAT**

In the first week will teach owners that if you do has issues with other dogs, people, noise, movement or all of the above...it's OK. This class will help you understand that while there are no quick fixes but over time, with dedicated owners, the issues can be managed. In week two learn a variety of techniques for teaching your dog to keep the leash loose and stop pulling.

Instructor: Amy Cornett • Location: PKCC • 2 classes
Resident \$89 / Non-Resident \$107

Wed	6:30-8:30pm	Sept 18-25	40244
Tue	6:30-8:30pm	Oct 15-22	40245
Wed	6:30-8:30pm	Nov 6-13	40246
Wed	6:30-8:30pm	Feb 5-12	40247
Tue	6:30-8:30pm	Mar 11-18	40248

Puppy 101

The first 20-weeks of your puppy's life will build their foundation into adulthood. Owners will learn the essential skills to provide basic obedience, socialization, tools to turn sharp teeth into gentle jaws and help curb chewing, barking and jumping.

Instructor: Amy Cornett • Location: PKCC • 4 classes
Resident \$129 / Non-Resident \$155

Tue	6:30-7:30pm	Feb 4-25	40276
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Peter Kirk Community Center

PKCC

experience it!

The Peter Kirk Community Center (PKCC) is committed to providing opportunities for people age 50 and over, to create healthy and rewarding lives for themselves and others.

352 Kirkland Ave, Kirkland 98033 **425.587.3360**

To achieve the goal of promoting wellness of body, mind and spirit, the Community Center offers a wide variety of activities and services. On any given day or evening, you will see people participating in fitness classes, Zumba Gold, Aerobics, Yoga, Ballet, a wide range of art and life-long learning classes, fun special events, inter-generational programs, and van trips. The Community Center also provides a wide range of health, legal and financial services, a nutritional hot lunch four days a week and operates the Meals on Wheels Program, delivering to the homebound in Kirkland.

This drop-in facility offers the opportunity for fun, friendship and socialization in a warm and friendly atmosphere. The support and tremendous amount of volunteer hours makes it possible for the Community Center to offer a wide variety of activities and services.

At this time the Center does not provide respite, adult day care, and/or services that would normally be provided by a trained attendant, nurse or personal caregiver (i.e., incontinence, inability to use the restroom facilities by one's self, or preventing a participant from leaving the grounds of the Center). In addition, the provision of any personal care by staff for a participant is beyond our capability and cannot be expected. Participants in need of personal assistance are encouraged to participate when accompanied by an escort. Older adults with special needs

may be eligible for other community-based programs, such as adult day care (see page 71) or contact Evergreen Care Network at 425.899.3200.

Endorsements

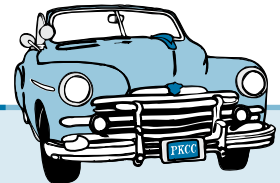
Classes, workshops, services and events offered at the Peter Kirk Community Center are selected for the potential recreational and educational enjoyment of, and benefit to, interested participants. We do not endorse any products or programs that are presented. Individuals are responsible for making their own informed decisions.

Center Hours

Monday – Friday.....8am–5pm

Center Closed
9/2, 11/11, 11/28, 11/29, 12/25, 1/1,
1/20, & 2/17

Center Closed at 12pm: 12/24 & 12/31



Attention PKCC Participant!

If you are at the Peter Kirk Community Center between 8am and 3pm, please see a staff member to obtain a parking permit.

GET MOVING

WITH THE KIRKLAND STEPPERS!

The Kirkland Steppers are continuing their 10th year of fun walking opportunities on Tuesdays (June 7–Sept 25) with a plethora of zany, dedicated walker’s age 50+. Waste no time lacing up your sneakers for an experience only the Steppers can provide.



Becoming a Super Stepper “Club Card” member is simple at the Peter Kirk Community Center. Program details are outlined in the Club Walk Schedule, available at the front desk.



SPECIAL EVENTS		CLUB Member	NON-Member	Registration Number
Sept 10	North Creek Park/ Mill Creek Town Center Lunch on your own	–0–	\$7	38593
Sept 24	“Finish Line” Extravaganza Lunch sponsored by Fairwinds Redmond	–0–	\$7	38594

* WA State sales tax included *

**Thank You Fairwinds Redmond
& EvergreenHealth
for Sponsoring Steppers!**

The Super Stepper “Club Card” Membership has exclusive benefits:

For \$10 you can be a Super Stepper “Club Card” member. Club Membership has its Rewards!

REGISTRATION #38588

- Exclusive Membership Card
- Super Stepper give-aways
- First priority for registration for all Special Events.
- Special Event Walks (registration required)
- Transportation to Special Event walks (registration required – seats are limited)
- Admittance to the “Finish Line” Extravaganza
- Participation in community merchant discounts
- Reward for the highest number of walks attended

Non-Members

- Are encouraged and always WELCOME to join the walkers every week.
- There is a \$7 fee per event for all special walks and parties.
- Registration required for all Special Events and opens 2 weeks prior to event.
- Stepper Club T-Shirt available to purchase for \$15.

EvergreenHealth

**FAIRWINDS
REDMOND**
It's More Than Retirement. It's Five-Star Fun.

Special Events

WELCOME WAGON

Are you new to the area? Never been to the Peter Kirk Community Center and wonder what we do here? Here is your chance to meet staff and learn about all the events, programs and services we offer; extend your tour by staying for lunch if you would like. Thank you to Jane Wernet for leading the tour.

RSVP at 425.587.3360 • Free

Mon	11am	Oct 7	39558
Mon	11am	Jan 6	39559

Baked Potato Bar & Bake Sale

Don't miss this fabulous fund raising event to support future PKCC Advisory Board projects. Enjoy a delicious baked potato bar with all the fixins' served with mountains of fresh salad. Be sure to save room to peruse the many fabulous goodies available at the bake sale.

Everyone welcome!

Advance tickets \$5 • Day of the event \$6

**Thursday at 11:00am
September 26 • #39576**

Please call 425.587.3360
to donate home-baked goods!

HAPPY HAUNTINGS HALLOWEEN COSTUME PARTY

If you're looking for a wickedly good time this party is for you. The fun begins with some hauntingly wonderful entertainment, a fun costume contest and then a fabulous lunch.

Special thanks to Emeritus at Kirkland for providing the spooktacular lunch.

**Advanced registration
required by 10/25! • Cost \$7**

Thur	11am	Oct 31	39577
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Fabulous Fowl Feast

Celebrate Thanksgiving the old fashioned way. Enjoy musical entertainment followed by a traditional turkey meal with all the trimmings.

Special thanks to Fairwinds, Redmond for providing the Thanksgiving feast.

**Advanced registration
required by 11/15! • Cost \$7**

Thur	11am	Nov 21	39564
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13th Annual Holly-Day Brunch

Sit back and relax while members of the Kirkland Youth Council prepare and serve a delicious brunch. Register early, space is limited!

**Advanced registration
required by 12/2! • Free**

Sat	10am	Dec 7	39560
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HOLIDAY D'LIGHTS

Kick off your holiday season with our annual celebration including festive music and a delicious lunch. This is one party you won't want to miss, guaranteed to get you in the holiday spirit.

Special thanks to Aegis Lodge in Kirkland and Aegis of Kirkland.

**Advanced registration
required by 12/6! • Cost \$7**

Fri	11am	Dec 13	39563
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Beat the Winter Blues Bunco

Come in out of the cold and kick off the New Year with a Bunco party!

**Advanced registration
required by 1/10! • Cost \$7**

Tue	10am	Jan 14	39561
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Mardi Gras Party

Masquerade madness is here with all the pomp and fanfare! Join the fun incognito and create a magical illusion with your colorful attire and mask. Tap your toes to the fabulous musical stylings of Night & Day, followed by a lavish lunch.

Special thanks to Madison House for providing the Thanksgiving feast.

**Advanced registration
required by 2/25! • Cost \$7**

Tue	11am	Mar 4	39562
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Pre-register for all
events and classes.

* All special events include sales tax *

YOU CAN POSITIVELY IMPACT LIVES!

Join the Kirkland Senior Council

Recruitment for new members is underway and is open to adults that live, work or serve the City of Kirkland

What is the Kirkland Senior Council?

Established by the Kirkland City Council in 2002, the Kirkland Senior Council (KSC) is a group of concerned citizens like you, who are dedicated to ensuring that Kirkland is, and remains a safe, vibrant community for residents age 50+. As an advisory group to the City Council, they advocate, support, shape and create programs and services that meet the needs of adults age 50+ in the community.



How does the KSC Work?

Senior Council meetings are the 2nd Tuesday of the month from 5:30–7:30pm at the Peter Kirk Community Center, 352 Kirkland Avenue in downtown Kirkland.

Member terms are three years

Monthly commitment is approximately 6–12 hours. Meetings are 2nd Tuesday of the month, 5:30–7:30pm. For more information call Sharon, 425.587.3322

How can I join the KSC?

Application Packets are available at:
Peter Kirk Community Center, 352
Kirkland Avenue Kirkland WA 98033
And the City's Web Page: www.kirklandwa.gov/seniorcouncil

Please return applications to:

Peter Kirk Community Center
352 Kirkland Avenue
Kirkland, Washington 98033
Attn: Kirkland Senior Council



Arts & Crafts

Beginning Watercolor Workshop

This is for students with no experience or those needing instruction in the basic elements of watercolor painting. This class will cover basic washes, brush strokes, composition, color, values and planning to make a successful painting.

Supply list available at PKCC • Location: PKCC
Instructor: Pat Tuton • Supply fee \$3 • 2 classes
Resident \$22 / Non-Resident \$26

Fri	9:30am–12pm	Sept 13–20	40314
Fri	9:30am–12pm	Jan 10–17	40315

Intermediate Watercolor

Improve your skills in watercolor and study principles of art. Create paintings from photographs, study other artists and paint one still life, with demonstrations by Pat Tuton. For advanced beginners through intermediate.

Supply list available at PKCC • Prerequisite: Beginning Watercolor or Workshop • Location: PKCC
Instructor: Pat Tuton • 5 classes • Supply fee \$3
Resident \$55 / Non-Resident \$66

Fri	9:30–12pm	Oct 4–Nov 1	40313
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Mixed Watercolor Media Painting

(Intermediate Level) **NEW!**

More artists these days are combining 2 or more different mediums to achieve interesting and unique effects. Learn how to explore, expand and enjoy these techniques while also focusing on basic painting concepts and see how different media interact.

Come prepared to paint! (No oil painting) • Supply list available at PKCC • Prerequisite: Beginning Watercolor or Workshop

Location: PKCC • Instructor: Pat Tuton • 5 classes
Supply fee \$3 • Resident \$55 / Non-Resident \$66

Fri	9:30–12pm	Jan 24–Feb 21	40363
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Oil Painting

If you can hold a paintbrush, you can discover how to oil paint. Explore composition, color theory, and various paint application techniques. All abilities welcome.

Supply list available at PKCC
Instructor: Danielle Barlow • Location: PKCC
6 classes • No class 11/11 & 2/17
Resident \$46 / Non-Resident \$55

Mon	9:30–11:30am	Sept 9–Oct 14	39785
Mon	9:30–11:30am	Oct 21–Dec 2	39786
Mon	9:30–11:30am	Dec 9–Jan 13	39788
Mon	9:30–11:30am	Jan 27–Mar 10	39789
Mon	9:30–11:30am	Mar 17–Apr 21	39790



Beginning/Intermediate Drawing with Pastels

Learn to use the brilliant glowing colors of pastels to draw creatively, while learning techniques of this versatile medium. This class is designed for beginning and intermediate students. Continuing students should bring a project to work on.

Supply list available at PKCC
Instructor: Louise Arntson • Location: PKCC • 4 classes
Resident \$30 / Non-Resident \$36

Wed	10am–12pm	Oct 2–23	39499
Wed	10am–12pm	Nov 6–27	39500
Wed	10am–12pm	Feb 5–26	39501
Wed	10am–12pm	Mar 5–26	39502

Advanced Drawing with Pastels

Create beautiful scenes through the application of good drawing skills, ideas and special techniques of pastel painting. Prerequisite: Drawing with Pastels for Beginners or prior experience.

Supply list available at PKCC
Instructor: Louise Arntson • Location: PKCC • 4 classes
Resident \$30 / Non-Resident \$36

Wed	1–3pm	Oct 2–23	39503
Wed	1–3pm	Nov 6–27	39504
Wed	1–3pm	Feb 5–26	39505
Wed	1–3pm	Mar 5–26	39506

Open Art Studio

Come paint or draw with other artists. The Peter Kirk Community Center Art Room is available for drop-ins on Tuesday afternoons. Check-in at the front desk. For more information call 425.587.3360.

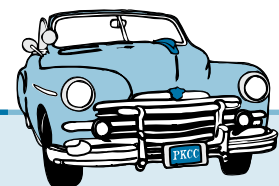
Will not meet 12/24 & 12/31
Per visit fee: Resident \$3 / Non-Resident \$4

Tue	1–3pm	Ongoing
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Needle Craft Group

Have fun, socialize and work on your hand work.

Free		
Wed	10am–12pm	Ongoing



Attention PKCC Participant!

If you are at the Peter Kirk Community Center between 8am and 3pm, please see a staff member to obtain a parking permit.

For Evening Art Classes, see page 46

Stage and Screen

Movie and Popcorn

Join the Peter Kirk Community Center Advisory Board for a movie and popcorn. The Advisory Board has chosen some favorites and new releases to share with you. Everyone is Welcome! Free!

Silver Lining Playbook*	Mon	1pm	Sept 16
Quartet	Mon	1pm	Oct 21
Anna Karenina*	Mon	1pm	Nov 18
42	Mon	1pm	Dec 16
Oz the Great and Powerful	Mon	1pm	Jan 13
The Sapphires	Mon	1pm	Feb 10
The Lone Ranger	Mon	1pm	Mar 17

*Rated R



Video / DVD Movie Checkout

Our movie checkout library has grown. If you have videos or DVD's to donate, please drop them off at the front desk. Movies are available to check out, free of charge, to view either at the Center or at home.

Literary Arts

Mystery Book Club

Participants will select a-book-of-the-month and then meet to share their reading experiences. Join us and bring along your favorite mystery. Everyone welcome!

Group meets the 1st Wednesday of each month, 1–2pm

Armchair Adventures: Slide Shows

Mondays at 10:30am. Free! Everyone is welcome!

Sept 2	CENTER CLOSED	
Sept 9	Costa Rica	Len Steiner
Sept 16	The Earth Part I	Ben Shimbo
Sept 23	NW Territories	Dr. James Monahan
Sept 30	Follow the Water to LA	Ron Nece
Oct 7	Northern Kenya	Len Steiner
Oct 14	The Earth Part II	Ben Shimbo
Oct 21	Fall in New England	Bill Birdsall
Oct 28	Wide World of Sports	Ron Nece
Nov 4	South Kenya	Len Steiner
Nov 11	CENTER CLOSED	
Nov 18	Seas & Ocean Part I	Ben Shimbo
Nov 25	Spain & Portugal	Jim Hoff
Dec 2	Malaysia	Len Steiner
Dec 9	Seas & Ocean Part II	Ben Shimbo
Dec 16	Intrigue on the Mediterranean	Ron Nece
Dec 23	Nashville to Branson Christmas	Bill Birdsall
Dec 30	Trek Up North	Dr. James Monahan
Jan 6	Singapore	Len Steiner
Jan 13	Source of Fresh Water	Ben Shimbo
Jan 20	CENTER CLOSED	
Jan 27	Changes at the Univ. of Wash.	Ron Nece
Feb 3	Maritime Provinces	Bill Birdsall
Feb 10	Central Japan	Len Steiner
Feb 17	CENTER CLOSED	
Feb 24	Cambodia	Dr. James Monahan
Mar 3	Massachusetts & Connecticut	Len Steiner
Mar 10	Washington DC	Bill Birdsall
Mar 17	Niagara Falls & Toronto	Bill Birdsall
Mar 24	The Low Countries	Ron Nece
Mar 31	Antarctic	Dr. James Monahan

Language

Introduction to Spanish

Habla Espanol? Learn to speak, read and write Spanish using basic vocabulary in the present tense.

Yolanda Von Diesl has been teaching language classes for over 25 years and is fluent in Spanish, French, Norwegian, Italian and German.

This class uses "Dos Mundos 6th Edition—please bring book, pen and paper to class.

*Location: PKCC • 5 classes • No class 11/11 & 2/17
Resident \$38 / Non-Resident \$46*

Mon	1:30–3pm	Sept 9–Oct 7	39511
Mon	1:30–3pm	Oct 21–Nov 25	39512
Mon	1:30–3pm	Feb 3–Mar 10	39513
Mon	1:30–3pm	Mar 17–Apr 14	39514

Continuing Spanish

Now that you know the basics, here's the opportunity to expand your vocabulary and increase conversational skills. Yolanda Van Diesl is fluent in 6 foreign languages and has been teaching for over 25 years.

This class uses "Dos Mundos 6th Edition—please bring book, pen and paper to class.

*Location: PKCC • 5 classes • No class 11/13
Resident \$38 / Non-Resident \$46*

Wed	1:30–3pm	Sept 4–Oct 2	39515
Wed	1:30–3pm	Oct 16–Nov 20	39516
Wed	1:30–3pm	Feb 5–Mar 5	39518
Wed	1:30–3pm	Mar 12–Apr 9	39519

Talk Time for Adults

Come practice speaking and listening in English with others at all levels. Class will be organized around a different discussion topic each day. Topics will include: current events, holidays, American culture and more.

For more information call Ty at JFS Refugee & Immigrant Service Center at 425.643.2221

*Location: PKCC • Free
No class 9/2, 11/11, 11/29, 1/20, & 2/17.*

Mon	3–4:30pm	Ongoing
Fri	3–4:30pm	Ongoing

Fitness & Exercise

Zumba® Gold

Zumba® Gold modifies Zumba® fitness to non-impact moves and pacing suiting the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Zesty Latin music, world rhythms, exhilaratingly easy to follow moves and the invigorating party-like atmosphere are exercise in disguise! Feel the music, forget you are exercising and just move with the joy! You don't have to know how to dance, just know how to have fun! All abilities welcome.

Wear athletic shoes • Location: PKCC

Instructor: Joan Wilde

Tuesdays 4 classes

No class 9/24, 12/24, 12/31 & 3/4

Resident \$35 / Non-Resident \$42

Tue	10:30–11:30am	Sept 3–Oct 1	39713
Tue	10:30–11:30am	Oct 8–29	39714
Tue	10:30–11:30am	Nov 5–26	39715
Tue	10:30–11:30am	Dec 3–Jan 7	39716
Tue	10:30–11:30am	Jan 14–Feb 4	39720
Tue	10:30–11:30am	Feb 11–Mar 11	39721
Tue	10:30–11:30am	Mar 18–Apr 8	39722

Thursdays 4 classes

No class 11/21, 11/28 & 1/16

Resident \$35 / Non-Resident \$42

Thur	10:30–11:30am	Sept 5–26	39717
Thur	10:30–11:30am	Oct 3–24	39718
Thur	10:30–11:30am	Nov 7–Dec 12	39719
Thur	10:30–11:30am	Jan 2–30	39723
Thur	10:30–11:30am	Feb 6–27	39724
Thur	10:30–11:30am	Mar 6–27	39725

Thursdays New Evening Classes!

4 classes • No class 9/19, 11/21, 11/28 & 1/16

Resident \$35 / Non-Resident \$42

Thur	6–7pm	Sept 5–Oct 3	39943
Thur	6–7pm	Oct 10–31	39944
Thur	6–7pm	Nov 7–Dec 12	39945
Thur	6–7pm	Jan 2–30	39726
Thur	6–7pm	Feb 6–27	39946
Thur	6–7pm	Mar 6–27	39947

Yoga for Beginners

With 15+ years' experience teaching Yoga, Sally teaches the basics of Yoga. She will introduce postures, breathing and relaxation. When practiced regularly, yoga improves flexibility, muscle tone, posture, balance, breath awareness and the ability to relax and release stress.

Bring mat or rug • Location: PKCC

Instructor: Sally Rodich

Mondays 4 classes

No class 10/21, 10/28, 11/11, 1/20 & 2/17

Resident \$35 / Non-Resident \$42

Mon	9–10am	Sept 9–30	39760
Mon	9–10am	Oct 7–Nov 18	39761
Mon	9–10am	Nov 25–Dec 16	39762
Mon	9–10am	Jan 6–Feb 3	39767
Mon	9–10am	Feb 10–Mar 10	39768
Mon	9–10am	Mar 17–Apr 7	39769

Wednesdays 4 classes

No class 10/23, 30, 12/25 & 1/1

Resident \$35 / Non-Resident \$42

Wed	10–11am	Sept 4–25	39763
Wed	10–11am	Oct 2–Nov 6	39764
Wed	10–11am	Nov 13–Dec 4	39765
Wed	10–11am	Dec 11–Jan 15	39766
Wed	10–11am	Jan 22–Feb 12	39770
Wed	10–11am	Feb 19–Mar 12	39771
Wed	10–11am	Mar 19–Apr 9	40486

Thursdays 4 classes

No class 10/24, 10/31, 11/21, 11/28, 12/26 & 1/16

Resident \$35 / Non-Resident \$42

Thur	9:15–10:15am	Sept 5–26	39774
Thur	9:15–10:15am	Oct 3–Nov 7	39775
Thur	9:15–10:15am	Nov 14–Dec 19	39776
Thur	9:15–10:15am	Jan 2–30	39772
Thur	9:15–10:15am	Feb 6–27	39773
Thur	9:15am–10:15am	Mar 6–27	39792



Strength & Tone Aerobics

Join Charlene for this fun and friendly class that incorporates non-jumping, low impact aerobics with weights and mat work. All fitness levels are welcome, work at your pace to move and feel better.

Bring mat or rug • Location: PKCC

Instructor: Charlene Watson

15 classes *No class 9/26, 10/31, 11/21, 12/17,*

12/19, 12/24, 12/26, 12/31 & 3/4

Resident \$47 / Non-Resident \$56

Tue	9–10am	Sept 3–Oct 24	40316
Tue	9–10am	Oct 29–Jan 14	40317
Tue	9–10am	Jan 21–Mar 13	40318

4 classes *Resident \$13/ Non-Resident \$16*

Tue	9–10am	Mar 18–27	40319
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Enhance Fitness

This unique, comprehensive program developed by the U of W and Group Health Studies is safe for adults age 50+ with a wide range of physical abilities. Program includes stretching, low-impact aerobics, walking, balance training, strength exercises and motivation.

Instructor: Gina Casanova • No class 9/2, 11/11, 11/29, 12/13, 12/25, 1/1, 1/20, 2/17

Resident \$47 / Non-Resident \$56

Lifetime is a covered benefit for persons covered by Medicare Parts A and B and enrolled in a Group Health Medicare + Choice (M+C) plan • Class meets 3 times a week: Mon, Wed and Fri • 15 classes per session • Registration begins 1 week prior to the first class of the session • Call 425.587.3360 for session dates and times.



Fragrance Free Zone

Please refrain from the use of any fragrant personal products while participating in programs and trips.

Thank you for your consideration!

SOFTBALL Recruitment IS IN FULL SWING!

If you are age 55+ and have played softball or simply want to play (no experience required), recruitment for the new 2014 season is underway! The two men's teams, "Moss Bay Hawks", "Kirkland Owls" and the co-ed team, "Kirkland Classics" were all a hit in 2013! After a long winter break, team players are now dusting off their bats to begin practice in March 2014.

**age
55+**

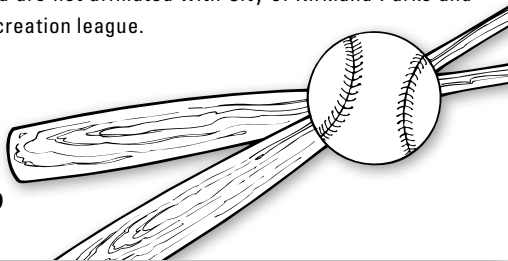
Everyone is gearing up for another fantastic season of league play, May through July. These three recreational teams play in the Puget Sound Senior Softball Association and are not affiliated with City of Kirkland Parks and Community Services recreation league.

CO-ED team info call

PAULA MILLER 425.822.7478

men's teams info call

RICH MIAILOVICH 425.827.1109



Dance

Line Dancing

Line Dancing is a great way to exercise your body and mind while meeting new friends and listening to some great music. This class includes basic line dancing for the beginner along with more challenging dances for the more advanced dancer. A new dance is taught at every class as well as reviewing previously taught dances. All abilities welcome! Join Joe in this fun and friendly class. No partner needed. This class will not be pro-rated.

Location: PKCC • Instructor: Joe Mraz • 6 classes

No class 9/24, 11/26, 12/24, 12/31 & 3/4

Resident \$30 / Non-Resident \$36

Drop-In Rate Resident \$7 / Non-Resident \$8

Tue	10–11am	Sept 3–Oct 15	39687
Tue	10–11am	Oct 22–Dec 3	39688
Tue	10–11am	Dec 10–Jan 28	39689
Tue	10–11am	Feb 4–Mar 18	39690

Sports

Golf Instruction

Learn to play golf in the comfortable atmosphere of the Redwood Golf Center in Woodinville. A PGA instructor teaches group lessons. Learn basic golf, grip stance, swing, rules and etiquette. By the end of this 4-part series you will be able to play on the golf course. Bring your own clubs or try the Golf Center's demo clubs.

Location: Redwood Golf Center, 13029 Redmond-Woodinville Rd NE, Woodinville • Min 6 / Max 12
4 classes

Sr Resident \$89 / Sr Non-Resident \$99

Non-Sr Resident \$97 / Non-Sr Non-Resident \$119

Fri	10–11am	Sept 6–27	39727
Fri	10–11am	Oct 4–25	39728
Fri	10–11am	Nov 1–22	39729
Fri	10–11am	Dec 6–27	39730
Fri	10–11am	Jan 3–24	39731
Fri	10–11am	Feb 7–28	39732
Fri	10–11am	Mar 7–28	39733

Games

Ping Pong (Table Tennis)

Open to players of all abilities.

Sign up at front desk or call 425.587.3360

Checkers, Chess, Scrabble, Backgammon and Cribbage

Enjoy any one of these games that are available, ask for the playing pieces at the front desk.

Drop in Pinochle

Pinochle is open to players of all abilities. Make new friends and find compatible partners.

Join the fun on Tuesdays at 12:45pm

Drop in Party Bridge

Party Bridge is open to players of all abilities. Make new friends and find compatible partners.

All are welcome to join Thursdays at 11am



Cards

Come use our card rooms for a friendly game; available days and some evenings.

Call 425.587.3360 for more information

Pool

Three tables are available for drop-in pool.

All are welcome to join the fun in our Pool Room

Special Interest



Orchard Mason Bees

Are you interested in learning how to improve the pollination of plants and trees in your yard? Or perhaps you are curious how you could support the environment by hosting non-stinging native bees without any fruit trees in your garden? Come join us as Missy Anderson (alias Queen Bee) from King County Master Gardeners, offers an engaging presentation on Orchard Mason Bees. Learn about the wonderful nature of mason bees, the value they bring to our world, and how easy it is to host them in a nesting box in your back yard. Becoming a successful bee farmer is easy and fun.

*Instructor: Missy Anderson • Location: PKCC
Resident \$10 / Non-Resident \$12*

Sat	10:30am–12pm	Oct 12	39521
Sat	10:30am–12pm	Jan 11	39523

Let's Get Organized! Purposeful Time & Paper Management **NEW!**

Do you feel you are spinning your wheels? Has time and papers gotten the best of you? This two part class will teach you the organizing process and help you create your email and paper system. Also, create a time template to live your most purposeful life.

*Instructor: Denise Allen • Location: PKCC • 2 classes
Resident \$40 / Non-Resident \$48*

Wed	6:30–8:30pm	Oct 9 & 23	39530
Wed	6:30–8:30pm	Jan 8 & 22	39531

Is it a Real Work at Home Job or a Scam?

If you need extra ways to supplement your income but can't figure out what is legitimate, then this class is for you! The first half of this class focuses heavily on the marketing tricks of scammers. You'll learn how to track emails, trace IP addresses and research companies, giving you confidence to recognize scammers from legitimate work. The second part of the class will provide you with over 170 resources on how to make extra income (besides selling your life on eBay), as well as over 140 legitimate companies that hire at-home workers. Basic internet and emails skills required. Course fee includes book with listings, a \$25 value.

*Instructor: Bethany Mooradian • Location: PKCC
Resident \$40 / Non-Resident \$48*

Tue	6–9pm	Oct 15	39524
Mon	6–9pm	Feb 3	39526

Become a Mystery Shopper

Yes, there is such a thing as a free lunch! Companies hire people to make observations on their stores and employees. They need the information to train workers and improve customer service, and the result is that you get to earn money while you shop and eat! Learn who is hiring, what companies expect, how to write a great evaluation, tax reporting, common scams, and how to get started. Basic internet and emails skills required. Course fee includes book with listings, a \$25 value.

*Instructor: Bethany Mooradian • Location: PKCC
Resident \$40 / Non-Resident \$48*

Mon	6–9pm	Oct 28	39527
Thur	6–9pm	Feb 20	39529

Outfit Creation for the Everyday Goddess **NEW!**

Would you love to have help creating outfits from the clothing you already own? In this 4-week class you'll learn not only how to determine your style archetype and how to best dress your Goddess shape, but most importantly how to use what you already own to create multiple outfits! Walk away with tips and tricks on how to add, mix and maximize color, texture and accessories with wardrobe basics. Plus, discover inexpensive ways to build or supplement your wardrobe.

Instructor: Nikol Schwab • 4 classes

Location: PKCC • Resident \$100 / Non-Resident \$120

Tue	6:30–8:30pm	Oct 8–29	40152
Thur	6:30–8:30pm	Feb 6–27	40153

Consignment Shopping for the Everyday Goddess

Wondering why consignment shopping is all the RAGE nowadays? Self-proclaimed Consignment Goddess, Nikol Schwab, shows fellow Goddesses how to use consignment shops to build or supplement a wardrobe for next to nothing! Be inspired by tips on how to maximize your shopping experience and by examples of one-of-a-kind finds! Receive guidance on how to find a favorite consignment shop, tricks on how to turn your couture or donation items into CASH and much more!

*Instructor: Nikol Schwab • Location: PKCC
Resident \$25 / Non-Resident \$30*

Tue	10am–12pm	Sept 17	39781
Sat	10am–12pm	Nov 9	39782
Tue	6:30–8:30pm	Jan 21	39783
Tue	6:30–8:30pm	Mar 4	39784

Money Management Strategies

Do you struggle to get bills paid on time even if you have the money to pay them? Do you have piles of paperwork at tax time? In this class you will learn how to start tracking and organizing your money and paperwork right away to build skills and awareness you need to truly be in control of your finances. The instructor is a certified Financial Recovery Counselor, as well as a therapist and Life Skills coach.

*Instructor: Cynthia Seager • Location: PKCC
Resident \$10 / Non-Resident \$12*

Wed	10am–12pm	Dec 4	40241
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Effective Stress Management: Even in Uncertain Times

Are you feeling chronically worried, tense or stressed out? Have life setbacks or stress been wearing you down and clouding your judgment? No matter what your situation, it IS possible to reclaim greater energy, mental clarity and peace of mind. This class will teach you stress-busters that really work: tools for derailing stress, anxiety and tension. You'll also learn how to replace nagging negative thoughts with more constructive ones that free up your energy and creative resources. Handouts provided.

*Instructor: Cynthia Seager • Location: PKCC
Resident \$17 / Non-Resident \$20*

Wed	10am–12pm	Feb 5	40238
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Be Thinner, Healthier & Happier by Balancing Your Brain Type

Learn lifestyle, diet and exercise tips that help your brain type work better, so your life works better too. Learn specific strategies for balancing mood, improving your self-discipline, focus, and increasing your energy, all based on your brain type. Know your brain type: Amen Brain typing questionnaire will be provided during class. This class material is based on Dr. Daniel Amen's, "Change your brain, change your body" weight management and health improvement program. This introductory class lets you discover your brain type and gives an overview of Dr. Amen's CYBCYB concepts.

The instructor is a therapist and ADD/life skills coach who was a staff therapist, coach and educator for the PNW Amen Clinic for over 5 years.

*Instructor: Cynthia Seager • Location: PKCC
Resident \$17 / Non-Resident \$20*

Fri	10am–12pm	Mar 21	40235
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Computer Classes

- ★ \$5 lab fee per class is collected at time of registration
- ★ If taking a Mac or iPad class participant must provide their own laptop or iPad, no Mac computers are available at PKCC.

MAC CLASSES

Introduction to iPad **NEW!**

Want to learn how to use your iPad to its fullest potential? Then this class is for you! Learn how to use Siri, email, keyboard shortcuts, and the calendar and clock functions as well as how to take pictures and use a photo app. You will also learn how to download apps, books and magazines.

*Location: PKCC • Instructor: Doris Ford • 4 classes
\$5 lab fee per class is collected at time of registration
Participants must provide their own iPad*

*Sr-Resident \$17 / Sr Non-Resident \$20
Non-Sr Resident \$32 / Non-Sr Non-Resident \$38*

Fri	8:45–10:45am	Sept 13	39735
Wed	8:45–10:45am	Oct 9	39736
Fri	8:45–10:45am	Jan 17	39737
Fri	8:45–10:45am	Mar 28	39738

Introduction to Mac

For beginners with little or no Mac computer experience. This class covers fundamentals of hardware and software, terminology, operations, keyboard and mouse skills. Learn the difference between word processing, spreadsheet and database software.

*Location: PKCC • Instructor: Doris Ford • 4 classes
\$5 lab fee per class is collected at time of registration
Participants must provide their own Mac laptop*

*Sr-Resident \$46 / Sr Non-Resident \$55
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78*

Mon	10am–12pm	Oct 7–28	39701
Wed	10am–12pm	Jan 15–Feb 5	39702

PC CLASSES Computer Basics

Introduction to Computers

For beginners with little or no computer experience. This class covers fundamentals of hardware and software, terminology, operations, keyboard and mouse skills. Learn the difference between word processing, spreadsheet and database software.

Location: PKCC • Instructor: Doris Ford • 4 classes
\$5 lab fee per class is collected at time of registration
No class 1/20

Sr-Resident \$46 / Sr Non-Resident \$55
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Mon	10am–12pm	Sept 9–30	39746
Mon	10am–12pm	Jan 13–Feb 3	39748
Wed	10am–12pm	Mar 5–26	39749



Microsoft Windows

Introduction to Computers: Windows 8

This beginner class covers fundamentals of hardware and software terminology operations for Windows 8. Learn how to navigate backward and forward with swipes and/or the keyboard or mouse. Learn the difference between word processing and a spreadsheet.

Participants must provide their own laptop with Windows 8

Location: PKCC • Instructor: Doris Ford • 4 classes
\$5 lab fee per class is collected at time of registration

Sr-Resident \$46 / Sr Non-Resident \$55
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Mon	12:30–2:30pm	Sept 9–30	40157
Mon	12:30–2:30pm	Feb 24–Mar 17	40158

Internet & E-Mail

Facebook Overview

Facebook is ranked as the most used Internet social network. Learn how to set your profile, control who can see your information, find friends, add a friend, block out someone, translate into another language, and write on a friend's wall.

Location: PKCC • Instructor: Doris Ford
\$5 lab fee per class is collected at time of registration

Sr Resident \$17 / Sr Non-Resident \$20
Non-Sr Resident \$32 / Non-Sr Non-Resident \$38

Fri	8:45–10:45am	Sept 27	39797
Fri	8:45–10:45am	Mar 7	39798

Google/Picasa

Google's free download of Picasa instantly finds and edits all pictures. Basic fixes of crop, remove red eye, fix contrast and color, and enhances photos easily and fast. Quickly sorts all pictures by dates, or file names. Picasa prints wallet size, 4x6, 5x7, or full page photos. Discover all of Picasa's advanced editing made simple.

Location: PKCC • Instructor: Doris Ford
\$5 lab fee per class is collected at time of registration

Sr Resident \$17 / Sr Non-Resident \$20
Non-Sr Resident \$32 / Non-Sr Non-Resident \$38

Wed	8:45–10:45am	Oct 23	39779
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Information on the Internet

Search for information on the Internet using search engines, view your home town newspapers, and magazines. Learn how to download Internet files, buy items over the Internet, and use anti-virus programs and firewalls.

Location: PKCC • Instructor: Doris Ford
\$5 lab fee per class is collected at time of registration

Sr Resident \$17 / Sr Non-Resident \$20
Non-Sr Resident \$32 / Non-Sr Non-Resident \$38

Fri	8:45–10:45am	Mar 14	39799
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Return to Work Series

Build fundamental job-seeking skills in Word and Excel to reenter the workforce.

Return to Work: Excel

Learn to customize the quick access menu, work with multiple worksheets, apply absolute and relative cell references, understand and perform calculations, use a pivot table and create what if worksheets. Sharpen your math skills by building fundamental job-seeking skills in Excel.

Location: PKCC • Instructor: Doris Ford • 4 classes
No class 4/18 • \$5 lab fee per class is collected at time of registration

Sr-Resident \$46 / Sr Non-Resident \$55
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Mon	12:30–2:30pm	Oct 7–28	39703
Mon	10am–12pm	Feb 24–Mar 17	39704

Return to Work: Word

Learn to set default margins, tabs, fonts, and font sizes, create columns, tables, and add symbols, objects, and clip art. Send an email and attach your resume to a prospective employer. After this class you will know how to mail merge, print envelopes, and create mailing labels. Build fundamental job-seeking skills in Word.

Location: PKCC • Instructor: Doris Ford • 4 classes
\$5 lab fee per class is collected at time of registration • No class 1/20

Sr-Resident \$46 / Sr Non-Resident \$55
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Wed	10am–12pm	Sept 11–Oct 2	39739
Mon	12:30–2:30pm	Jan 13–Feb 10	39741

Baked Potato Bar AND Bake Sale

Don't miss this **fabulous fund raising event** to support future PKCC Advisory Board projects. Enjoy a delicious baked potato bar with all the fixins' served with mountains of fresh salad. Be sure to save room to peruse the many fabulous goodies available at the bake sale.

Everyone Welcome!

Advance tickets \$5
Day of the event \$6

**Thursday at 11:00am
September 26 • 39576**

**Please call 425.587.3360
to donate home-baked
goods!**



Scanning, Editing & Creating

Organize Your Computer

Learn the structure of folder and files, how to create and arrange folders and files so you can easily retrieve saved material, how to organize, save, and rename them and how to search for lost files and retrieve or delete files from the Recycle Bin.

*Location: PKCC • Instructor: Doris Ford
\$5 lab fee per class is collected at time of registration*

*Sr-Resident \$17 / Sr Non-Resident \$20
Non-Sr Resident \$32 / Non-Sr Non-Resident \$38*

Wed	8:45–10:45am	Oct 16	39780
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Getting to Know Your Digital Camera

In this class, work with your own equipment to determine which settings provide the most satisfactory results. Transfer your pictures to the computer, edit and print them.

Prerequisite: Ownership or access to a digital camera with 3.2 or more mega pixels • Bring your camera, extra batteries and your camera/computer connection to class

*Location: PKCC • Instructor: Doris Ford
\$5 lab fee per class is collected at time of registration*

*Sr-Resident \$17 / Sr Non-Resident \$20
Non-Sr Resident \$32 / Non-Sr Non-Resident \$38*

Fri	8:45–10:45pm	Sept 20	39800
Fri	8:45–10:45am	Jan 31	39801

Genealogy

Online Genealogy

Learn how to research online and organize it into meaningful groups. Follow the trailblazers of genealogy who have developed time tested ways to stay organized. Download pedigree charts and family group sheets from the internet. Take a detailed tour of excellent web sites that can jumpstart your search for ancestors.

*Location: PKCC • Instructor: Doris Ford
\$5 lab fee per class is collected at time of registration*

*Sr Resident \$17 / Sr Non-Res \$20
Non-Sr Resident \$32 / Non-Sr Non-Resident \$38*

Wed	8:45–10:45am	Feb 19	39802
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One-on-One Computer Assistance

Baffled by your software program? Uncomfortable asking questions in class? Can't figure out that new digital camera? Need to create a customized database or query? Enjoy one-on-one tutoring with Doris Ford! Here is a fabulous opportunity to improve your computer skills and enhance your equipment knowledge.

*Resident \$30 / Non-Resident \$36
\$5 lab fee per class is collected at time of registration • Advanced registration required, call 425.587.3360*

Financial

Advanced registration required: 425.587.3360

Coffee, Cash and Conversation **NEW!**

Discuss current events, the economy and investing in a relaxed and informal setting. This is a great way to get your questions answered. Everyone is welcome and the coffee is on us! Presented by Cory Shepard, Financial Advisor with Edward Jones. Advance registration is required, call 425.587.3360.

Free

Fri	10:30–11:30am	Sept 6	40167
Fri	10:30–11:30am	Oct 4	40168
Fri	10:30–11:30am	Nov 1	40169
Fri	10:30–11:30am	Jan 10	40170
Fri	10:30–11:30am	Feb 7	40171
Fri	10:30–11:30am	Mar 7	40172

Financial & Legal Class Policy

The Peter Kirk Community Center offers a variety of financial and legal classes but does not endorse any speaker. Presenters have been asked not to call or solicit any students and to give information only. Our class lists are never given to anyone. We suggest you listen to a variety of presenters before making any financial or legal decisions. This is an educational opportunity only. No marketing is allowed. Report any violations to Betsy Maxwell, Recreation Coordinator. Advance registration is required for all programs. Call 425.587.3360.

Financial Services

Income Tax Assistance

Volunteer Tax Advisors will help you prepare your 2013 tax return.

Appointments are available Fridays from 9am–1pm, Feb 7–Apr 11 • No fee • Appointments required, call 425.587.3360

Attorney General's Consumer Protection Web Page

Contact the Washington State Attorney General's office regarding privacy protection, online complaint forms, and getting off phone solicitor and junk mail lists.

www.atg.wa.gov

Clearpoint Financial Services

(Formerly Solutions Consumer Credit Counseling)

Provides counseling, money management assistance, advice on debt reduction and the wise use of credit.

Call 800.750.2227 or go to www.clearpointfinancialsolutions.org.

Property Tax Benefits Program

To receive a property tax exemption, a taxpayer must be age 61+, own and occupy their residence and have an annual income that does not exceed \$35,000.

To see if you qualify, call 206.296.3920

Social Security

Open 7am–7pm weekdays

Call 1.800.772.1213 or go to www.ssa.gov.

Legal Services

Senior Rights

A volunteer program that provides free information, referral and support on health insurance, legal and consumer issues. They also sponsor the Elderlaw legal clinic with the Washington Bar Association.

For more information call 206.448.5720 or go to www.seniorservices.org/financiallegalprograms/seniorrightsassistance.aspx

Eastside Legal Assistance Program

ELAP provides lawyers to answer your legal questions Fridays, 2–4pm.

No fee • Appointments required • To qualify, call 425.747.7274

Wills Project

Are you worried about being kept on life support against your will? Should your loved ones have to go to court to take care of you? A volunteer attorney through the Eastside Legal Assistance Program (ELAP), a non-profit legal service program, will prepare simple wills, durable power of attorney for health care decisions and living wills. Clients must meet eligibility guidelines.

No fee • Call 425.747.7274

Be a Star in Our Brochure!

Seeking photos from around Kirkland.

Would you like to submit a photo to be considered for use in future Kirkland Parks Guides? Do you have a photo from a Kirkland park or other recognizable Kirkland location, event or class showing the fun you are having in Kirkland? For the photo to be considered it should ideally be 2550 x 3500 pixels. A photographer's release form might be required depending on the photo.

**For questions call Tracy Harrison at 425.587.3352.
Email photos to tharrison@kirklandwa.gov.**



EvergreenHealth

EnhanceWellness Program

Evergreen EnhanceWellness

Get the peer and professional support you need to meet your health goals. Manage a chronic condition; break through your isolation, or just live better day-to-day. Participation in the program is for six months and includes a comprehensive health assessment, a personalized plan and ongoing support.

Tuesdays by appointment • Call 425.587.3360

Evergreen EnhanceWellness Counseling/Consultation

For those needing assistance from a social worker for any concerns or problems, such as health, depression, grief, loss, life transitions, help finding housing or transportation, etc.

Call 425.587.3360. Free

Support Groups

Coffee Hour

Join Roy Mishra, Social Worker at Peter Kirk Community Center for a cup of coffee and lively discussion about health, aging, and current issues. Research shows that positive aging is fostered by good physical and mental health, social interaction, and productive activities. Share your expertise, strengthen your social connections and have fun in this relaxed and informative group. All are welcome and respected

*Monthly, 1st & 3rd Monday, 10am
Call 425.587.3360 Free*

From Heartache to an Open Heart

Everyone must deal with loss, whether it's the loss of a loved one or close friend, a treasured relationship, a loss of physical functioning or previous status. Learn how one can move through the grief process and grow "from heartache to an open heart".

Facilitated by Roy Mishra, MSW • Monthly, 2nd Monday, 1:30-3pm Call 425.587.3360 Free

Thank you EvergreenHealth for your generous support of our Health & Nutrition Classes, Wellness Program, and Kirkland Steppers!

PEARLS Counseling

- > Depression affects up to 20% of older adults.
- > Depression affects your health and quality of life.
- > Depression is not a normal part of aging.

PEARLS is an evidenced-based depression management program for mild depression or dysthymia (chronic depression). The program combines problem solving treatment, social and physical activity, and pleasant activity scheduling to manage symptoms of depression.

All this is done with a trained PEARLS counselor.

In the past two weeks,

- > Have you had little interest or pleasure in doing things?
- > Have you been feeling down, sad, or hopeless?

If you answered yes to one of the above questions, then PEARLS may be a program for you.

Contact Roy Mishra, MSW to schedule an appointment
425.286.1047

Health & Nutrition

To Register for
EvergreenHealth Classes
call 425.899.3000 & Press 1

Are Your Affairs in Order

A realistic look at what legal documents are needed for peace of mind in the event of a serious injury or death. Topics covered will be durable power of attorney, health care surrogate, living wills, disability programs, wills, nomination of guardian and trusts.

Sponsored by EvergreenHealth • Free

Fri 12:45–2pm Sept 6

Arthritis Pain Management

Essential information for arthritis sufferers on exercise, medication and medical treatments that help manage arthritis with less pain and restriction of movement.

Sponsored by EvergreenHealth • Free

Fri 12:45–2pm Sept 13

Superfoods **NEW!**

Learn specific nutritional powerhouses that support the body and enhance the immune system to help prevent disease, as well as how to implement them into your diet.

Sponsored by EvergreenHealth • Free

Fri 12:45–2pm Sept 20

Medicare: Are You Covered?

Learn more about supplemental insurance options and the various programs that can help income-eligible persons reduce Medicare related costs. Get the facts about your Medicare choices, so you can save money on health care coverage costs.

Sponsored by EvergreenHealth • Free

Fri 12:45–2pm Sept 27



Matter of Balance

If you have fallen or are afraid you may do so, this class is for you! This 8-week program will change your thinking and will allow you to practice easy exercises to increase flexibility, strength and safety.

Free

Tue 1–3pm Oct 1–Nov 19 40161

First Aid **NEW!**

Learn basic first aid for cuts and scrapes, bites and bruises and appropriate first response for emergencies.

Sponsored by EvergreenHealth • Free

Fri 12:45–2pm Oct 4

Life Line Screening Preventive Health Event

Stroke is the third leading cause of death in the United States, and this catastrophic event can strike without warning. In fact over half of all stroke victims showed no signs prior to the attack. But strokes can be stopped in their tracks.

In Just 10 Minutes...You Can Reduce Your Risk of Stroke

Friday, Oct 4, 2013

Take advantage of this potentially lifesaving event. Appointments required.
Call 1.888.683.4068

Antibiotics and the Immune System

As the use of antibiotics grows, so do their effects on the resilience of bacteria and your body's natural ability to fight illness. Increase your understanding of how antibiotics work, their benefits, side effects and what you can do to keep your immune system working for you.

Sponsored by EvergreenHealth • Free

Fri 12:45–2pm Oct 11

Healthier Smile, Healthier You **NEW!**

Learn about the importance of oral health to total health. Information on tooth decay, nutrition and gum disease and how they relate to heart disease, stroke and pneumonia will be covered.

Sponsored by EvergreenHealth • Free

Fri 12:45–2pm Oct 18

See page 69 for information about our visiting dental hygienist!

Holiday Cooking: Quick and Delicious

This class will include recipes and tips to make delicious and nutritious holiday meals. Have fun while learning how the typical diet affects health.

Sponsored by EvergreenHealth • Free

Fri 12:45–2pm Oct 25

Age 50+

Cholesterol / Diabetic Screen

Screening will include fasting, full panel cholesterol test and glucose. Results will be given before you go home! Limit 24 participants, must register for time slot.

Sponsored by EvergreenHealth • Free

Fri 8:30–10:30am Nov 1

Relax & Renew **NEW!**

Experience how meditation and visualization can give you a break in your day from stress and worry. Learn how to renew your energy and spirit by focusing on the present moment.

Sponsored by EvergreenHealth • Free

Fri 12:45–2pm Nov 8

Upset Stomach: A Naturopathic Approach

Take a closer look at common digestive problems such as constipation, diverticulosis and hiatal hernia. Find out why they increase with age and how you can calm an upset stomach.

Sponsored by EvergreenHealth • Free

Fri 12:45–2pm Nov 15

Fraud Fighters **NEW!**

Whether through the mailbox, the telephone, or the Internet, criminals are finding creative ways into people's homes. Half of those victims are age 50 and older. Being able to recognize consumer scams can reduce the likelihood of being victimized by more than 50 percent. Learn how to protect yourself!

Sponsored by EvergreenHealth • Free

Fri 12:45–2pm Nov 22

**To Register for
EvergreenHealth Classes
call 425.899.3000 & Press**

Gut & Brain Connections **NEW!**

Understand how inflammation in your gut, allergens from food, and bad bacteria may not only affect your GI, but also alter your mood. We'll discuss diet, lifestyle and food choices to make a happier overall gut that will also bring joy to your GI.

Sponsored by EvergreenHealth • Free

Fri 12:45–2pm Dec 6

Hypothermia **NEW!**

Brrr, it's cold out there! Learn the dangers that cold temperatures can cause, especially for those with chronic illness.

Sponsored by EvergreenHealth • Free

Fri 12:45–2pm Dec 13

What's in Your Medicine Cabinet

Does your medicine cabinet look more like an episode from Hoarders? A pharmacist will take you down a light-hearted but informative path to making your medicine cabinet your friend again. Plenty of opportunity for audience participation as well as valuable tips on storing your prescription and over-the-counter medications.

Sponsored by EvergreenHealth • Free

Fri 12:45–2pm Dec 20



EvergreenHealth classes for 2014 are under construction

**Please stay tuned
for more details.
Call 425.587.3360
with questions.**

**Thank you for
your patience.**



Chronic Disease Self-Management

This workshop, developed by Stanford University's Patient Education Department, is designed to help individuals who have an ongoing condition (such as diabetes, asthma, heart disease, chronic pain, arthritis, and hypertension) improve the quality of their lives.

Learn to reduce stress and frustration, manage symptoms, set weekly goals, problem-solve effectively, improve communication, relax, handle difficult emotions, eat well, and exercise safely.

Past participants report feeling an increase in their confidence and motivation needed to manage the challenges of living with a chronic health condition. Family members, friends and caregivers can also participate.

Free

For more information and to register, call 425.587.3360

Tue 1–3pm Feb 4–Mar 11 40162

Health Services

Oral Health Care

Affordable teeth and denture cleaning for adults age 50 + provided by Healthy Smiles Inc on the first Tuesday of the month. Dental hygiene services include cleaning, oral cancer screening and fluoride treatment for \$77. Denture cleaning also available for \$10. This is a special program approved by the WA State Legislature. Patients must complete preliminary paperwork and be 50 years or older.

For appointments and more information, call 425.587.3360

Foot Care

Foot care service is provided by a nurse on Wednesdays. Fee \$25.

For appointments, call 425.587.3368 between 9am and 3pm on Wednesdays.

Meals on Wheels Program

Nutritional frozen meals are available for the homebound. Liquid supplements available.

For info call 425.587.3360.

Lunch Nutrition Program

Nutritious meals served at 12pm, Mon, Tues., Wed and Friday. Check-in is first come, first served starting at 11am.

Lunch is \$3 donation for persons 60+ • All others \$6

Statewide Health Insurance Benefits Advisor (SHIBA)

Understanding insurance benefits can be difficult. A trained volunteer from SHIBA will be available the third Monday of each month to meet with you privately to answer questions about Medicare (billing procedures), Medicare Part D, health insurance and long term care insurance.

Appointments required, call 425.587.3360

Widowed Information & Consultation Services

WICS offers group support to men and women who are coping with the death of a spouse/partner.

Call 206.241.5650 or go to www.kcwics.org

Community Resources

Senior Information & Assistance

Information and referral on a wide variety of senior related issues.

Call 206.448.3110 or go to www.seniorservices.org

Bridge Ministries for Disability Concerns

Services for persons with disabilities. Free used durable medical equipment, guardianship services and consultation.

Call 425.885.1006 or go to www.bridgemin.org

Evergreen Care Network

Helps older adults remain independent.

Call 425.899.3200 or go to www.evergreenhospital.org/for_patients/medical_services/evergreen_care_network

Overlake Senior Care Connections

Services, resources and information for seniors.

Call 425.688.5800
www.overlakehospital.org/services/senior-care

AARP Area Office

American Association of Retired Persons.

Call 1.866.663.3291 or go to www.aarp.org/states/wa

Benefits Check Online

www.BenefitsCheckUp.org is the first of its kind, web-based service designed to help seniors and their families and caregivers find the right benefits programs to meet their needs. A fast, free and confidential screening tool to determine eligibility for nearly 1,000 unique state and federal programs. Now, consumers can find out what their options are under the new Medicare plans.

Adult Day Centers

These certified centers provide safe, well-supervised therapeutic, activities, programs and services for adults with cognitive and/or physical disabilities. For more information call:

Northshore Adult Day Center 425.488.4821
Elder & Adult Day Services..... 425.867.1799

Respite Care Program

King County can provide Respite services to caregivers in need of a break from the demands of care giving for someone who is chronically ill or disabled. Goods and services can be purchased for functionally impaired older adults with funds through Seattle-King County Aging and Disability "Client Specific Program".

For more information call Senior Information & Assistance 206.448.3110 or Evergreen Care Network 425.899.3200.

Respite Care Services on the Eastside

In-home respite care provided by volunteers is available to help with care giving on a short-term basis.

Evergreen Community Home Health & Hospice 425.899.3300
Eastside Friends of Seniors 425.369.9120
Volunteer Chore Services
(Catholic Comm. Svcs.) 206.328.5787
Jewish Family Services..... 206.461.3240

Age 50+

Volunteer Opportunities

Center Volunteer Opportunities

The Center's continued success is directly related to our hard-working and dedicated corps of volunteers. Currently, there are a variety of volunteer opportunities at the Center, they include:

• *Delivering Meals on Wheels to homebound seniors in Kirkland* • *Preparing lunches* • *Dishwashing* • *Slide show presenter, share your travels*

For more information call Julie at 425.587.3012.

Employment

Employment Service

Low income seniors looking for part-time work.

Call Senior Employment Service/AARP, 206.624.6698 or go to www.aarpworksearch.org

Employment Resource Center

This service provides assistance to people 55+ seeking an opportunity for employment. Co-sponsored by the Seattle Mayor's Office for Senior Citizens.

For more information, call 206.684.0500 or go to www.cityofseattle.net/humanservices/seniorsdisabled/mosc/employment.htm



Driver Training

AARP — 55 Alive Driving Course

This driver training course takes into consideration physical changes of the mature driver and identifies ways one may compensate for these changes. The course also provides information that may improve your driving behavior. Insurance rate reduction for seniors taking this course.

Fee \$12 for AARP members / \$14 for non-members, please bring AARP membership card to class
Make checks payable to AARP on the first day of class
• To register call 425.587.3360

Wed & Thur	12:30–4:30pm	Sept 25 & 26	40442
Wed & Thur	12:30–4:30pm	Nov 6 & 7	40443
Wed & Thur	12:30–4:30pm	Jan 8 & 9	40444
Wed & Thur	12:30–4:30pm	Mar 5 & 6	40445

Chinese, Latino & South Asia Services

Educational & Recreational Programs Accessible to Chinese & Latino Seniors

Programs and services available to all seniors are now more easily accessible to Chinese and Latino seniors at the Peter Kirk Community Center. Through the presence of a bilingual staff worker, they have the opportunity to participate in social, recreational and educational activities and daily hot lunch. Traditional program components such as outreach and advocacy are also provided.

CHINESE SERVICES—TUESDAYS

For more information call Bolivar at the Chinese Information & Services Center, 206.624.5633, ext 4140.

Mandarin Support Group

Share daily experiences with others. Facilitated in Mandarin/Cantonese language. New topic each month. Free

Tue 11:15–12:15pm Ongoing

E.S.L. for Chinese Seniors

English as a second language is offered for non-English speaking adults. Designed for those with limited, or no English. Free

Tue 1–3pm Ongoing

LATINO SERVICES – WEDNESDAYS

For more information call Clemencia Robayo at Sea Mar Community Health Center, 206.764.8044.

Strategy for a Healthy Longevity (in Spanish)

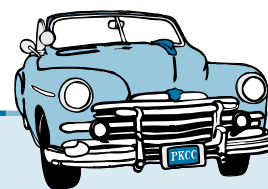
Learn how to improve your health and slow the aging process. Key elements that will enhance quality of life and advance your well-being will be discussed. Free

Monthly 10–11:45 am 1st Wednesday

E.S.L. for Latino Seniors

English as a second language is offered for non-English speaking adults. Designed for those with limited or no English. Free

Wed 12:45–2pm Ongoing



Attention PKCC Participant!

If you are at the Peter Kirk Community Center between 8am and 3pm, please see a staff member to obtain a parking permit.

Transportation

Travel Ambassadors

Want to go to the store, library and other destinations without driving? Talk to a certified Community Travel Ambassador about where you want to go and get help planning your trip. It's easy and FREE!

Wed	9–11am	Sept 4
Wed	9–11am	Oct 2
Wed	9–11am	Nov 6
Wed	9–11am	Dec 4
Wed	9–11am	Jan 8
Wed	9–11am	Feb 5
Wed	9–11am	Mar 5

Metro Bus ID NEW DAY!

Reduced fare passes for ages 65+ and disabled, Fee \$3

Thur	10–11am	Oct 17
Thur	10–11am	Dec 19
Thur	10–11am	Feb 20

Access

Transportation to appointments, grocery shopping and the Community Senior Center.

To schedule, call 206.205.5000 or toll free 1.866.205.5001.

Volunteer Transportation for Seniors

Personal transportation to medical and other essential appointments.

For rides or to be a volunteer driver, call 206.448.5740 or toll free 1.800.282.5815 or go to www.seniorservices.org.

METRO Information

24-Hour Rider Information.

Call 206.553.3000 or toll free, 1.800.542.7876. TTY: 206.684.1739.

HOPELINK

Transportation to medical appointments for individuals with Medicaid coupons.

Call 1.800.923.7433 or go to www.hope-link.org/get-help/transportation

Daily Van Transportation

The Center's van is operated by the Northshore Senior Center Monday–Friday. Transportation to and from the Center is for city residents only. Participants must be Access eligible to participate in this program. Please call 425.587.3363 for more information about this program or to reserve a ride, no later than 5pm the previous day.

Suggested donation of \$2.00 each way.

Attention Van Riders!

All riders must be Access eligible to participate in the transportation program. If you need help with your Access application, Mari is available to offer you assistance.

Please call 425.587.3363 to set up an appointment or if you have any questions.

Share a Ride & Meet a New Friend

Do you drive to the Peter Kirk Community Center for lunch or other activities? Are you available to provide a ride for an older adult who needs transportation? As a volunteer, drive your vehicle and choose the days you are available. Through Senior Services Volunteer Transportation Program you receive reimbursement for mileage and supplemental liability insurance.

For more information, call 206.448.5740

Grocery Shopping

The Northshore Senior Center provides weekly transportation to and from local grocery stores. Shopping times are determined by the geographical location of your home.

To receive a schedule or make an appointment, call 425.587.3363

Wed	Sept 4	Fred Meyer
Wed	Sept 11	Safeway
Wed	Sept 18	QFC
Wed	Sept 23	Bridle Trails
Thur	Oct 3	Fred Meyer
Wed	Oct 9	Safeway
Wed	Oct 16	QFC
Wed	Oct 23	Bridle Trails
Wed	Oct 30	Fred Meyer
Wed	Nov 6	Safeway
Thur	Nov 14	QFC
Wed	Nov 20	Bridle Trails
Wed	Nov 27	Fred Meyer
Wed	Dec 4	Safeway
Wed	Dec 11	QFC
Wed	Dec 18	Bridle Trails
Thur	Jan 2	Fred Meyer
Thur	Jan 9	Safeway
Wed	Jan 15	QFC
Wed	Jan 22	Bridle Trails
Wed	Jan 29	Fred Meyer
Wed	Feb 5	Safeway
Wed	Feb 12	QFC
Wed	Feb 19	Bridle Trails
Wed	Feb 26	Fred Meyer
Wed	Mar 5	Safeway
Wed	Mar 12	QFC
Wed	Mar 19	Bridle Trails
Wed	Mar 26	Fred Meyer



Van Trip Planning Meeting

Have you ever thought someplace would make a great van trip? Here is your chance to give your input! Please join us for a brainstorming and planning meeting for Spring/Summer 2014 van trips.

**Thursday, April 18
10:00am at the Center**

*** All trips include sales tax ***

Shops & Slots

Tuesday 10am–4pm
Resident \$21 / Non-Resident \$25
Bring lunch \$

North Bend Outlet Mall & Snoqualmie Casino	Oct 22	39548
Seattle Premium Outlet Mall & Tulalip Casino	Mar 25	39549

Olympia Farmer's Market & Terrace Falls Restaurant

Thur., Sept 5 39574 9am–4:15pm
Resident \$24 / Non-Resident \$29
Bring lunch \$

NEW! Explore this large Farmer's Market offering organic produce, local crafts, baked goods, meats, seafood, dairy products, and plants. After working up an appetite relax and enjoy lunch at a local favorite, the Terrace Falls Restaurant, overlooking the beautiful Tumwater Falls.

Out For Lunch Bunch **ALL NEW LOCATIONS!**

Tuesdays/Thursdays • 11am–2pm • Resident \$13 / Non-Resident \$15 • Bring lunch \$

Sky City (Space Needle)	Thur Sept 19	The entire restaurant moves 360 degrees allowing you to take in each course of the city as you take in each delicious course of your meal. The elevator ride and O Deck are included.	39550
Lombardi's	Thur Oct 17	Located on the scenic waterfront in Everett, Lombardi's is the Northwest's take on modern Italian cuisine.	39551
Indigo Kitchen & Ale House	Tue Nov 19	Enjoy some delicious comfort food, salads, sandwiches, decadent desserts, 20 draft beers and a wide variety of house and classic cocktails. (Located in Lynnwood)	39552
Lot No. 3	Thur Dec 19	Specializes in salads, sandwiches and yummy comfort food. (Located in Bellevue)	39553
Matt's Rotisserie	Thur Jan 16	Featuring cuisine ranging from passionate simplicity to inspired innovation, Matt's is known for their steaks, seafood, oysters and signature cocktails. (Located in Redmond)	39554
Angelo's	Thur Feb 20	Serving rustic and contemporary Italian cuisine on the Eastside for over 36 year. (Located in Bellevue)	39555
The Irishmen	Thur March 20	Since 2007, the Irishmen has remained Everett's only authentic Irish Pub serving Genuine Irish dishes and, of course, the Irish Classic Guinness.	39556

The Bloedel Reserve

Thur., Sept 12 39566 7:30am–4:30pm
Resident \$41 / Non-Resident \$47
Bring Lunch \$

Enjoy a guided tour of this award winning public garden located on Bainbridge Island. The Reserve's 150 acres are a unique blend of natural woodlands and beautifully landscaped gardens, including a Japanese Garden, a Moss Garden, a Reflection Pool and the Bloedels' former estate home. Stop at the Harbour Public House for a bite to eat before boarding the ferry for your trip home.

Pike Place Market & Etta's Restaurant

Thur, Sept 26 39567 11am–4pm
Resident \$19 / Non-Resident \$23
Bring Lunch \$

NEW! Tom Douglas opened Etta's just half a block from the Pike Place market in 1995. At Etta's you will find the best fish & chips and Tom's famous crab cakes. While dining, you can watch out the large plate glass windows at the country's oldest continuous Farmers Market before walking down to the action yourself after lunch.

Taproot Theatre: The Matchmaker **NEW!**

Wed., Oct 2 39568 12:30–5:30pm
Resident \$34 / Non-Resident \$38

Thornton Wilder's hit comedy about love, money and the love of money has matchmaking busybody Dolly Levi brokering true love for a wealthy businessman. Unlikely circumstances and hilarious complications bring surprises at every corner in this play that inspired Hello Dolly.

Future of Flight Aviation Center & Boeing Tour **NEW!**

Thur, Oct 10 39569 7:30am–3:30pm
Resident \$44 / Non-Resident \$49
Bring lunch \$

Start off the day with a 90-minute guided tour of the world's largest building by volume, the Everett Boeing Plant. Here is your chance to see airplanes actually being built for Boeing's worldwide base of airline customers. Then you are off to the Future of Flight Aviation Center to experience the marvel of commercial jet aviation and production in this unique interactive facility. Enjoy lunch at Ivar's Mukilteo Landing.

*Must sign up by 9/26 to secure reservations.
PLEASE NOTE: This trip involves stairs and a lot of walking.*

Snohomish / Craven Farms

Tues., Oct 29 39565 10am–4pm
Resident \$19 / Non-Resident \$23
Bring lunch \$

NEW! Enjoy the fall weather while browsing the shops in old downtown Snohomish. Enjoy lunch on your own at one of the nearby restaurants before taking a scenic country drive into the Snohomish Valley to Craven Farms. Known as Snohomish's first pumpkin patch, their Harvest Festival has been delighting families for more than 31 years. Have fun taking a tractor pulled hay ride, visiting the farm animals, or browsing the gift shops.



MOHAI **NEW!**

Thur, Nov 7 39570 10am–3pm
Resident \$16 / Non-Resident \$19
Bring Lunch \$

The new Museum of History and Industry on Lake Union is now opened and ready to be explored. Here is the perfect opportunity to discover the rich history of the Pacific Northwest. Enjoy lunch on your own at the Compass Café.

Panama Hotel & Goodwill **NEW!**

Wed, Nov 13 39571 10am–3pm
Resident \$16 / Non-Resident \$19
Bring Lunch \$

Work up your appetite searching for good deals at the Seattle Goodwill where you will receive a senior discount on your purchases. Then head over to the Panama Hotel for a bite to eat. After lunch enjoy a guided tour of the only remaining public Japanese Bathhouse that is still intact in the United States.

Issaquah Reindeer Festival

Thur, Dec 5 39572 11am–5pm
Resident \$33 / Non-Resident \$37
Bring Lunch \$

Start off this festive day with lunch at the Coho Café. After lunch, head up to the Cougar Mountain Zoo to take part in the most unique annual holiday celebration in the Northwest, the Reindeer Festival.

Georgian Tea at the Fairmont Olympic

Thur, Dec 12 39573 12:15–4:15pm
Resident \$18 / Non-Resident \$22
Bring \$39 + tax+ gratuity for tea
(CASH ONLY PLEASE)

Enjoy a traditional afternoon tea at the elegant Georgian restaurant located in Downtown Seattle. Listed on the National Register of Historic Places, The Fairmont Olympic Hotel has been a landmark in the Northwest since opening in 1924.

Last Resort Department Museum **NEW!**

Wed, Jan 8 39575 10:30am–3pm
Resident \$15 / Non-Resident \$18
Bring lunch \$

In 2008 a new fire museum was created in Seattle when the Last Resort Fire Department moved a portion of its collection into what still remains Seattle Fire Department Headquarters and home to the on-duty chief and staff in the heart of Pioneer Square. After exploring this unique museum lunch will be at a nearby restaurant.



Port of Tacoma Tour **NEW!**

Thur., Jan 23 39950 8:30am–3:15pm
Resident \$22 / Non-Resident \$26
Bring lunch \$

Curious about what goes on at the Port of Tacoma? Here's your chance to get a behind the scenes 75 minute guided bus tour. Afterwards, enjoy lunch at Stanley & Seaforts.



Ikea

Thur, Jan 30 39948 10am–1:30pm
Resident \$15/ Non-Resident \$18
Bring lunch \$

Shop for household items and feast on Swedish meatballs.

Asian Art Museum & Uwajimaya

Fri., Feb 7 40164 9:30am–3pm
Resident \$19 / Non-Resident \$23
Bring lunch \$

Before venturing to lunch at the Uwajimaya Village Food Court in the International District explore the Seattle Asian Art Museum located in Volunteer Park.

Mystery Trip **NEW!**

Thur, Feb 13 40163 9:30am–3pm
Resident \$18 / Non-Resident \$22
Bring lunch \$

This trip will definitely add some sparkle and shine to the mid-winter blues.

Issaquah Depot Museum & Gillman Village **NEW!**

Fri, Feb 28 40166 10am–3:30pm
Resident \$18 / Non-Resident \$22
Bring lunch \$

Begin the day at Gillman Village browsing the shops and eating lunch on your own at one of the nearby restaurants. Then in the afternoon explore the Issaquah Depot Museum, don't miss out on the railroad cars and outdoor exhibits.

Dine Around Seattle Prix Fixe Lunch

Thur, Mar 6 39949 11am–2pm
Resident \$15 / Non-Resident \$18
Bring \$15 + tax+ gratuity for lunch
(CASH ONLY PLEASE)

Back by popular demand, this trip is sure to sell out fast! Dine Around Seattle gives diners a great chance to try out some of the best restaurants in the area for a great deal. Restaurant and location will be announced one week prior to trip. Beverages are not included in lunch price.

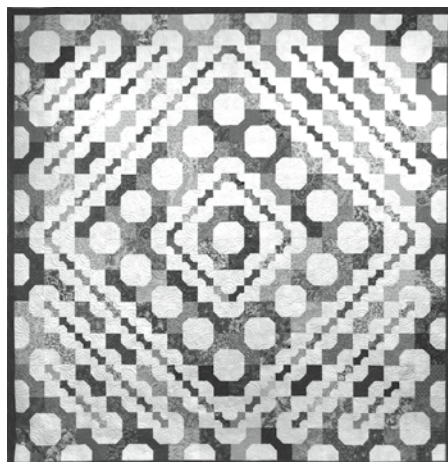


Photo courtesy of Judy Smith

Quilter's Anonymous Quilt Show **NEW!**

Fri, Mar 14 40459 11am–4pm
Resident \$17 / Non-Resident \$20
Bring lunch \$+ \$7 admission for quilt show

Venture to the Monroe Fairgrounds to the 33rd Annual Quilter's Anonymous Quilt Show. Enjoy looking at over 500 different quilts, free demonstrations, workshops and vendors. Be sure to work up your appetite because next it's off to Sockeye's for a late lunch.



Fragrance Free Zone

Please refrain from the use of any fragrant personal products while participating in programs and trips.

Thank you for your consideration!

Van Trip Registration & Policy

1. Cancellations requested more than one week prior to the Van Trip are subject to a \$10 processing fee. Cancellations requested less than one week prior to the Van Trip receive a 50% credit on the account, less a \$10 administrative fee. Cancellations requested Van Trip day receive no refund or credit.
2. Pre-purchased tickets are non-refundable. This includes all special events. (Theater, movies, cruises, etc.)
3. All van trips depart promptly from the west side of the Peter Kirk Community Center. Please arrive 10 minutes prior to scheduled departure, as no refunds will be issued for missed rides.
4. Van trip return times are estimated and may vary depending on traffic, etc.
5. Home pick-up and take-home is available for Kirkland residents who live within the City limits, if requested in advance. A donation of \$2.00 each way is suggested. To request home pick-up, call 425.587.3363 no more than 2 weeks before the trip and no later than 24 hours in advance. Driver will call one day before the trip with your pick-up time. All others meet the bus at the Center.
6. Trip participants must be independently mobile or accompanied by a caregiver on all van trips. Caregivers must register and pay the same applicable van and admission fees. Wheelchair space is limited. If you require wheelchair or walker accommodations, please specify at time of registration.

Baked Potato Bar & Bake Sale

Everyone
Welcome!

Don't miss this
fabulous fund
raising event to
support future
PKCC Advisory
Board projects.

Thursday, 11am
September 26

See page 55

Let's get
physical!

Turn back the clock when you join
this fun, energetic class and learn
the fundamentals of aerobics.

Retro
Aerobics

See page 45

PartyTime!

Rain or shine, have a playground party
to celebrate your special day at the NKCC!

Have an hour of private play time at our outrageously
fun indoor playground! Enjoy the rest of your celebration
in your very own private party room!

Applications at: www.kirklandwa.gov under
"How Do I Rent a Park/Facility"

Reserve Your Special Day!

425.587.3350

2 hours: Resident \$140 / Non-Res \$168 • 25 Children Max. • Saturday or Sunday



GOT AN EVENT?

WE'VE GOT SPACE.

Wedding? Party? Reunion? Meeting?

The Peter Kirk Community Center
and North Kirkland Community
Center can meet these needs
and more. Both centers feature
hardwood floors, full kitchens and
usage of tables and chairs.

For information and availability
please give us a call!



Peter Kirk Comm. Center

(located at Peter Kirk Park)

425.587.3360

North Kirkland Comm. Center

(located at North Kirkland Park)

425.587.3350

JOIN US TO RESTORE OUR NATURAL AREAS



Event Schedule Fall • Winter

Saturday, August 24, 2013

10 am to 2 pm

WATERSHED PARK

112th Ave NE, South of Ne 53rd St., Kirkland

Saturday, September 28, 2013

10 am to 2 pm

JUANITA HEIGHT PARK

89th PI NE & NE 124th St, Kirkland

Saturday, October 19, 2013

10 am to 2 pm

JUANITA BAY PARK

2201 Market St, Kirkland

Saturday, November 9, 2013

ARBOR DAY CELEBRATION

10 am to 2 pm

WATERSHED PARK

112th Ave NE, South of Ne 53rd St., Kirkland

GREEN KIRKLAND
PARTNERSHIP



WHAT TO BRING:

- Work clothes
- Gloves
- Sturdy shoes/boots
- Rain gear (if necessary)
- Water bottle

 Find us on
Facebook

Sign up online at:

www.earthcorps.org/volunteer.php



2013

MORE EVENTS: greenkirkland.org

KIRKLAND PARKS, FACILITIES, & TRAILS GUIDE

Community Services

Plan your next outing!

The Parks, Facilities, and
Trails Guide is Available Now!

Pick up your copy at the Parks Office,
NKCC, or PKCC. (Addresses on Page 6)

ALSO AVAILABLE ONLINE AT:

www.kirklandwa.gov > City Service Center > Find a City Park

experience it!



Kirkland Parks

Juanita Bay Park Events

JUANITA BAY WILDLIFE TOURS

Sept 1, Oct 6, Nov 3, Dec 1, Jan 5, Feb 2, Mar 2



Photo: Ernie Brown

View and experience the hundreds of plant and animal species that inhabit the unique and spectacular Juanita Bay Park! Access and exploration opportunities abound with boardwalks, interpretive signs and observation areas which enhance our learning experience and appreciation for this unique setting. Join the Juanita Bay Park Volunteer Rangers for a free interpretive tour on the first Sunday of every month at 1:00pm beginning in the parking lot. No registration required. Remember to bring your binoculars. Free!

JUANITA BAY PARK BIRD WALKS

Sept 17, Oct 15, Nov 19, Dec 17,
Jan 21, Feb 18, Mar 18

Join Mary Frances Mathis of the Eastside Audubon Society and the Juanita Bay Park Rangers for a relaxed morning walk in Juanita Bay Park, looking for any birds in the area.



Photo: Ernie Brown

Walks are at 8:00am and will be finished before lunch time. Bring binoculars and meet in the parking lot.

No registration is required. You may contact the Eastside Audubon Society for more information at 425.576.8805.



Eastside Audubon
your connection to nature

PO Box 3115, Kirkland, WA 98083-3115 425.576.8805
www.eastsideaudubon.org

Come meet us at Juanita Bay Park! 2201 Market Street, Kirkland

See StoryBook Theater's 16th Season of original musical adaptations at the Kirkland Performance Center!



Chicken Little: November 2013

Goldilocks & the 3 Bears: February 2014

Snow White: April-May 2014

Find show times and purchase tickets online www.storybooktheater.org

Join us this Fall and Winter for exciting and engaging theater classes and camps!



- After School Classes
- Homeschool Program
- Workshops
- School Break Camps
- Fun for ages 4-19!



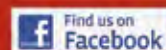
Fall Auditions!

Show	Age Range	Auditions	Callbacks
The Hobbit - A Musical	Ages 9-19	Sept 3-4, 6-9pm	Sept 6, 5-9pm
'Twas the Night...	Ages 9-Adult	Sept 28, 6-9pm & Sept 29, 1-4pm	Oct 5-6, 5-8pm

Call to reserve an audition appointment: 425.820.1800

Learn more about these shows & how to audition: www.studio-east.org

www.studio-east.org



11730 118th Ave NE, Suite 100, Kirkland, WA 98034 • Located just south of the Totem Lake Fred Meyer

The Parks and Community Services Department offers a variety of rental facilities to meet your every need. Indoor and outdoor facilities are available for private functions such as receptions, anniversaries, birthdays, or graduation celebrations.

KIRKLAND RENTAL FACILITIES

INDOOR FACILITIES

Heritage Hall

203 Market Street

- **Occupancy:** 70
- **Features:** Hardwood floors and uplit cove ceiling.
- **Rental fees include:** use of 12 six-foot tables, 3 three-foot tables and 70 chairs.

For more information, call 425.587.3398.



North Kirkland Community Center

12421 103rd Avenue NE

- **Occupancy:** 245
- **Features:** Hardwood floors, ambient windows & full kitchen.
- **Rental fees include:** use of 20 six-foot rectangular tables, 12 five-foot round tables, and 175 chairs.

Reservations are required a minimum of 1 month in advance. For more information, call 425.587.3350.



Peter Kirk Community Center

352 Kirkland Avenue

- **Occupancy:**
Multi-purpose Room: 150
Smaller meeting rooms: 50
- **Features:** Hardwood floors, ambient windows & full kitchen.

Reservations are required a minimum of 1 month in advance. For more information, call 425.587.3360.



For Parks Not Listed:

For information regarding parks not listed, call **425.587.3340** or email **nosborn@kirklandwa.gov**

School Sites:

For information regarding outdoor use of LWSD school sites, call **425.587.3342** or email **nosborn@kirklandwa.gov**

OUTDOOR FACILITIES

Marina Park Pavilion

25 Lakeshore Plaza

- **Occupancy:** 100
- **Features:** Open air, lakeside, beautiful view
- Park / Lawn area not included for private rentals

For more information, call 425.587.3398.



Peter Kirk Pool

340 Kirkland Avenue

- **Occupancy:**
Main Pool: 230, Wading Pool: 40
- **Features:** Lifeguard, pool toys, and deck space

Call in March for Pool Rental Information: 425.587.3336

www.kirklandwa.gov/aquatics



Picnic Shelters

Everest Park

500 Eighth St South

Rose Hill Meadows

8212 124th Ave NE

Woodlands Park (pictured)

9930 124th Ave NE

For more information, call 425.587.3398.



Athletic Fields

Crestwoods

1818 Sixth Street

Everest Park

500 Eighth St South

Juanita Beach

9703 NE Juanita Dr

Lee Johnson Field (pictured)

202 Third Street

For more information, call 425.587.3342.



Applications and guidelines can be downloaded from **www.kirklandwa.gov/depart/parks/Facility_Rentals.htm** Call ahead to check availability.



Kirkland Parks &
Community Services
123 5th Avenue
Kirkland, Washington 98033

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Kirkland Parks

ADULT
MOVE IT!

FOR YOUR BODY
FOR YOUR HEALTH
FOR YOUR SELF

PAGE 42



new!

youth & teen
MOVE it!


Teen Move It!
Quarterly Fitness Pass **PAGE 32**



Ballet Barre & Stretch

A Blend of Ballet Barre,
Exercise & Conditioning

PAGE 45



Pee Wee
Basketball

Ages
3 to 6

PAGE 23



PEE WEE
MONSTER BASH

Ages 3 to 6

FRIDAY, OCT 26
10AM-NOON

PAGE 20



Snowflake
Ball

FATHER/DAUGHTER DANCE

PAGE 20

